

CHANTAL KREVIAZUK ON
PLAYING THE LONG GAME

CHIC AND COMFY
CANADIAN SWIMSUITS

PLUS: COCKTAILS, PIZZA,
NACHOS AND MORE!



CHATELAIN

SUMMER 2023

ICE



ICE

We screamed for
these 10 homemade
ice creams—and
so will you!

BABY

VISIT...

LANZAROTE
Caliente.COM



Count on more with Rogers 5G.

We're making changes to give you more from your mobile experience - starting with more 5G plans to choose from, more data for your dollar, and more plans that fit your needs. And you can count on more value to come. Because we're with you all the way.

**Get 5G
mobile plans** now as low as **\$55**/mo. For 24 mos. and after Automatic Payments Discount.

Visit Rogers.com/plans to discover our 5G mobile plans.

Eligible customers only.

Contents

The Dish

A little bit of this, a little bit of that

Weeknight Hero 7

Style Crush 9 Hot Books 10

All-Star Suitcases 12

Why Is Everyone Lugging

Water Jugs? 14

A New Way to Hydrate 15

Recycled Runners 16

Your Summer Uniform 17

Amazing Sunscreens 18

Leakproof Packing Tips 19

Backyard Lighting 20

A Dreamy Summer Table 22

My 85-Year-Old Roommate 24

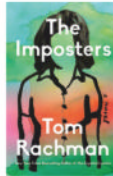
Chantal Kreviazuk 28 I Quit

My Job To Make Bannock 30

The Conversation

*Big issues. Inspiring stories.
Let's get into it*

Cute Swimwear 32



Memory Hacks 38

Life Advice From

95-Year-Olds 44

**What It's Like to be
Wrongfully Arrested 50**

The Spread

30 delicious, doable recipes

Pizza Party 58 Meatballs 68

Nacho Night 74

Our Best Scoops 80

The Takeaway

*Our advice for being your
best cook*

**Turn Your Grill Into
a Smoker 89 A Very Blue
Cocktail 91 Marinades 92**

Mustard Powder 97

Dragon Fruit Squares 98

In Every Issue

Editor's Letter 5



We've added icons to indicate products from brands that are Canadian and/or owned by Black people, Indigenous people or people of colour (BIPOC). Canadian BIPOC-owned

CHATELAINE

Maureen Halushak

EDITOR-IN-CHIEF

Sun Ngo

CREATIVE DIRECTOR

DEPUTY EDITOR, DIGITAL **Gillian Grace**

DEPUTY EDITOR, FEATURES **Erica Lenti**

DEPUTY EDITOR, FOOD **Chantal Braganza**

SENIOR EDITOR, STYLE AND BEAUTY **Andréanne Dion**

ASSOCIATE EDITOR, DIGITAL **Kevin John Siazon**

EDITORIAL INTERN **Helen Jacob**

Art

ART DIRECTOR **Stephanie Han Kim**

DEPUTY ART DIRECTOR **Aimee Nishitoba**

Production

IN-HOUSE PHOTOGRAPHER **Christie Vuong**

DIGITAL COLOUR SPECIALIST **Nicole Duplantis Wilkin**

PRODUCTION MANAGER **Joycelyn Tran**

Contributors

Adam and Alexandra Photography, Naoko Asano, Rachel Aversa, Suzanne Barr, Nicole Billark, Leslie Bull, Mashal Butt, Bruno Canadien, Taylor Chousky, Rachel Cornett, Michelle Cyca, Sage Dakota, Kristen De Palma, Flannery Dean, Ashley Denton, Caitlin Doherty, Ria Elciario, Sierra Elliot, Sandi Falconer, Rebecca Gao, Charlotte Genest, Lateisha Grant, Ryan Gray, Danielle Groen, Lindsay Guscott, Ayesha Habib, Christine Hanlon, Sara Hashemi, Carmen Jabier, Helen Jacob, Madeleine Johari, Jenn Park Krulik, Karen Kwan, Stacy Lee Kong, Jennifer Knoch, Michelle Lucas Larving, Eternity Martis, Andrea McCrindle, Julia McEwen, Eshun Mott, Devon Murphy, Irene Ngo, Jacqui Oakley, Tara O'Brady, Jennifer Pallian, Ciara Rickard, Tara Rivas, Karen Robock, Alisha Sawhney, Maryam Siddiqi, Christine Sismondo, Marley Sniatowsky, Renée S. Suen, Talia Brown Thall, Janice Tiefenbach, Stephanie Mercier Voyer

St. Joseph Communications Inc.

St. Joseph Communications
Chairman and CEO **Tony Gagliano**
Vice-Chairman **John Gagliano**

Senior Vice President, Content and Creative **Maryam Sanati**
Executive Vice President, Enterprise Operations **David McGrath**
Vice President, Sales **Ray D'Antonio**
Executive Vice President, Social and Emerging Platforms **Jacqueline Loch**
Vice President, Branded Content and Marketing **Sasha Emmons**
Vice President, Digital Solutions and Business Development **Jason Maghanoy**
Vice President, Print Operation **Maria Mendes**

Vice President, Client Solutions

Cameron Williamson

General Manager, Commerce Solutions **Michael Gagliano**

Subscriber Services

Website chatelaine.com/service
Email service@chatelaine.com
Mail Chatelaine Subscriber Services, Box 460, Station Main, Alliston, Ontario L9R 1V7
Mail preference: From time to time, other organizations ask Chatelaine if they may send information about a product or service to some Chatelaine subscribers, by mail or email. If you do not wish to receive these messages, contact us in any of the ways listed here.

Contact Us

Toronto 416-248-4868
Advertising Inquiries
kym.wyatt@stjoseph.com

Visit us at chatelaine.com/service

Subscribe or renew your subscription · Give a gift subscription · Pay your bill · Change your mailing address · Order fragrance-free issues · Check your account status and expiry date · Report delivery problems or duplicate issues

Chatelaine is published by St. Joseph Communications, 15 Benton Road, Toronto M6M 3G2. Montreal office: 249, rue Saint-Jacques, Bureau 201, Montréal H2Y 1M6. Vancouver advertising office: 180 West 2nd Avenue, Vancouver V5Y 3T9. Website: www.chatelaine.com. Contents copyright 2023 by St. Joseph Communications; may not be reprinted without written permission. Article proposals and manuscripts must be accompanied by self-addressed envelopes and sufficient postage; otherwise they will not be returned or acknowledged. While the publishers will take all reasonable care, they will not be responsible for the loss of any manuscript, drawing or photograph. ISSN 0009-1995. Single copy price: \$7.99 + tax. Full subscription prices: Canada, 1 year (4 issues), \$24.99 + tax. In U.S., 1 year, \$60; foreign countries, \$100. Indexed in the Canadian Periodical Index. Printed in Canada by St. Joseph Communications, Print.

We acknowledge the financial support of the Government of Canada. Chatelaine receives unsolicited materials (including letters to the editor, press releases, promotional items and images) from time to time. Chatelaine, its affiliates and assignees may use, reproduce, publish, republish, distribute, store and archive such unsolicited submissions in whole or in part in any form or medium whatsoever, without compensation of any sort. This statement does not apply to materials and/or pitches submitted by freelance writers, photographers or illustrators in accordance with known industry practices.



St. Joseph Communications can be reached at 15 Benton Road, Toronto M6M 3G2

Peak Summer

WHEN WAS THE last time you had an aha moment? I had a major one while interviewing cognitive health expert Dr. Nicole Anderson for this issue. As regular readers know, my mom passed away last year after battling Alzheimer's. Throughout her life, she had done pretty much everything right in terms of mitigating her risk for the disease, so I had begun to wonder whether preventative measures—like remaining physically active and mentally engaged—were futile. As it turns out, they're not, and they may have helped my mom more than I realized. You can read more from my conversation with Anderson, alongside other bright news about brain health, on page 38.

There are lots of uplifting reads to be found in our Summer 2023 issue, including "What It Feels Like to Be 95." In case you missed it, *Chatelaine* is currently celebrating our 95th anniversary, so we asked journalist Stacy Lee Kong to speak to other nonagenarians about what their lives are like. The result is an inspiring blueprint for aging. My new goal? To still be able to mow my lawn when I'm 95, just like Toronto's Theresa Hlavach. ("My family says, 'Don't cut the grass!' But I'm very stubborn that way.") Turn to page 44 for more from Theresa and four other equally plucky 95-year-olds.



Also in this issue, I had the pleasure of interviewing Chantal Kreviazuk a few days before she celebrated her 50th birthday (page 28). If you've been wondering what the Winnipeg-born singer has been up to, the answer is: a lot. She's writing

music (for herself and for some of the biggest names in the business), raising funds and awareness for organizations like War Child Canada and Unite with Ukraine and embarking on a new partnership with Canadian beauty brand Back to Earth. I left our conversation impressed by Chantal's what-you-see-is-what-you-get authenticity as well as her rock-steady commitment to her relationships, both professional and personal—including her 25-year-long friendship with Dr. Samantha Nutt, co-founder of War Child Canada. (Find yourself a friend who speaks as glowingly about you as Nutt does about Kreviazuk.)

Finally, you'll discover lots of advice in the next 95 pages on how to fully enjoy the season—whether it's losing yourself in a fantastic book (page 10), rolling a suitcase through the airport with the greatest of ease (page 12), converting your grill into a smoker (page 89), hosting a backyard pizza party (page 58) or churning out some homemade ice cream (page 80). I know summer is truly here when I'm drinking a coffee and Baileys on the dock of my brother's camp in Thunder Bay, Ont., listening to the loons call, and I can't wait until it's time to pack the car for the trip up north again. I hope you achieve your own version of peak summer soon.



Maureen Halushak
maureenhalushak
letters@chatelaine.com



On the cover CREATIVE DIRECTION BY Sun Ngo; PHOTOGRAPHY BY Christie Vuong;
FOOD STYLING BY Sage Dakota; PROP STYLING BY Nicole Billark.

Some breaking news: As this issue was going to press, *Chatelaine* won Best Magazine: Service & Lifestyle at the 2023 National Magazine Awards. We couldn't be more thrilled! 🎉

Refresh your summer wardrobe for less

Five hot-weather must-haves from Giant Tiger that won't break the bank

Summer is the only season in Canada when expert-level layering isn't a required skill. Rejoice in the opportunity to buy simple, versatile clothes that can be mixed, matched and worn virtually everywhere. These five pieces are on-trend, easy to wear and affordable.



The sundress

Nothing feels better than slipping on a sundress and sandals and calling it an outfit. Graphic necklines and cut-outs are trending, so these black and white options are easy choices.

lily morgan halter twist maxi in white and black pinstripe (plus-size pictured), \$22, and lily morgan cut-out dress in black, \$22, gianttiger.com

The flowy cropped pant



Enjoy summer breezes with light, flowy pants. This wide-leg-style linen blend cropped pant is a modern classic that can go from backyard to business with the right topper and accessories.

lily morgan linen blend pants in fenugreek, \$25, and lily morgan linen blend blazer in fenugreek, \$45, gianttiger.com

The easy blouse



The beauty of a button-up is that it looks instantly polished with very little effort, and this short-sleeved version is no different. It dresses up denim shorts, can be worn open over a tank top or paired with a summer skirt.

lily morgan crinkle blouse in etched stripe, \$16, and lily morgan long flowy pant in black, \$22, gianttiger.com

The wrap skirt



Suiting is still going strong, but instead of donning a blazer and trousers, a pinstripe wrap skirt feels fresh. Wear it to the office or to a garden party with a sleeveless top.

lily morgan wrap skirt in white and black pinstripe, from \$18, gianttiger.com

The halter



Y2K styles continue to make a comeback, and the halter top fits right in. Pair this perennial with a bright pantsuit for work or a breezy skirt or shorts for a season full of fun ensembles.

lily morgan halter top in white, \$12, lily morgan satin effect blazer in pink, \$45, and lily morgan satin effect crop pant in pink, \$25, gianttiger.com

THE DISH

A LITTLE BIT OF THIS, A LITTLE BIT OF THAT



Beat the heat with more heat! This simple and spicy shrimp aguachile comes together in a snap.

Welcome to Weeknight Hero—a simple, delicious slam-dunk recipe you'll want to cook again and again, any night of the week.



Shrimp Aguachile with Cucumber-Watermelon Salad

PREP 20 MIN; TOTAL 30 MIN

SERVES 4 *Aguachile couldn't be a more straightforward name for this coastal Mexican dish: it translates to "chili water" and is a spicier cousin of citrus ceviche. This version isn't strictly traditional—aguachile is usually served in a nearly raw, less-cured state—but it's a great option if you don't have access to ultra-high-quality freshly caught shrimp.*

- 2 cups roughly torn cilantro leaves, stems set aside
- 3 large strips lime rind
- 3½ tbsp kosher salt, divided
- 1¼ cups fresh lime juice, divided
- 1 or ½ serrano pepper
 - ½ cup olive oil, divided
- 2 400-g pkgs frozen raw peeled shrimp, thawed
- 1½ cups diced cucumber
- 1½ cups diced seedless watermelon
- ½ cup finely chopped red onion
- ½ cup thinly shaved red cabbage
- ½ cup thinly shaved watermelon radish
- 4 avocados, peeled, pitted and mashed
- 1 to 2 pkgs prepared tostadas, about 16

1. Combine cilantro stems, lime rind and 2 tbsp salt in a large saucepan. Place a fine-mesh strainer or sieve inside saucepan over stems

and rind, then fill with water. Bring to a simmer over high.

2. Meanwhile, combine cilantro leaves, 1 cup lime juice, serrano pepper and 1 tbsp salt in a blender. Blend until smooth.

Scrape mixture into a medium bowl. Pour ¼ cup oil overtop. Set aside.

3. When water comes to a simmer, reduce heat to medium. Add shrimp to strainer. Cook, covered, until shrimp is pink and mostly, but not fully, cooked, 2 to 3 min. Remove strainer and immediately run shrimp under cold tap water to stop cooking process. Gently pat shrimp dry with paper towels or a clean tea towel to remove excess moisture, then add to cilantro-lime mixture. Stir to combine, then set aside.

4. Whisk ¼ cup each lime juice and oil and ½ tbsp salt in a large bowl. Stir in cucumber, watermelon,

onion and cabbage. Season with pepper.

5. Arrange bowls of shrimp aguachile, cucumber and watermelon salad, watermelon radish, mashed avocados, extra cilantro and quartered limes on table to serve family style.

6. Assemble aguachile tostadas by smearing mashed avocado on a tostada, then topping with salad, shrimp and other toppings as desired.

Kitchen tip A vegetable peeler can do double duty in this recipe: Use it to peel off large strips of lime rind (avoiding as much of the bitter white pith as possible) and to thinly shave the cabbage and radish if you don't have a mandolin.



CHANTAL BRAGANZA IS CHATELAINE'S DEPUTY FOOD EDITOR.



A FEW SHRIMP TIPS

Fresh or frozen? Shell on or off? Some common crustacean Qs, answered.

CHOOSE FROZEN, NOT FRESH

Unless you live near a coastal fishery or are buying shrimp live and straight out of a tank, it's likely the fish being sold as "fresh" at your grocery store has at some point been frozen and thawed.

SAY YES TO SHELLS

We use peeled shrimp in this recipe to save time but would recommend shell-on when possible; they're more flavourful, they tend to be less expensive and the shells make a great broth base. Simply peel the shells off after the quick-poach stage.

QUICK THAW TIP

To thaw frozen shrimp, you can either pop a bag into the fridge the night before you plan to cook them or empty the bag into a bowl of very cold water and leave to sit until softened, about 10 minutes. Letting them sit in a colander under a cold running tap will work faster, but this method uses a lot of water.

BUY MINDFULLY

In every case, we recommend ensuring that what you buy is from a sustainable, ethical source. Canadian producers are doing great things with farmed and wild-caught shrimp.



HOT SWAPS

I'm a ride or die for a serrano pepper's zippy, green herbal flavour—but it isn't always available in grocery stores. Here are a few other options.



JALAPENO

Juicy, spicy and dependably available at your local grocer.



AJI LIMO

Used in Peruvian-style ceviche, this citrusy lemon-drop pepper will give your aguachile a yellow hue.



HABANERO

For heat seekers only! This chili ranks 10 times hotter than serrano on the Scoville scale.

Great Expectations

Think maternity style is all flowy dresses and leggings? This editor shares how she's staying true to her personal style through her pregnancy

Michelle da Silva

@MICHIDAS
38, TORONTO

The Globe and Mail editor and first-time mom-to-be Michelle da Silva isn't afraid to experiment. "I like a bit of everything when it comes to fashion," she says. She has an affinity for monochrome looks as much as she has for bright colours, and she's got a keen eye for accessories—especially functional items with playful touches. Cases in point: the puffy water-bottle holder she often carries and the bold eyewear she's known for. "Glasses are like jewellery to me," she says.

Her zest for fashion also extends to her maternity attire. Rather than adopting the prevailing aesthetic (think boho silhouettes and stretchy pants), she's doubling down on her bold style. "I've bought pieces I love—especially dresses, as they're more comfortable in the heat—in roomier fits so I can wear them postpartum too."



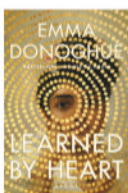
Agenda

Paging All Readers

Did you know that only 12 percent of books sold in Canada are written by Canadian authors, according to BookNet Canada? It's definitely not due to a dearth of top-notch talent. This summer, we're vowing to read more Canada. Want to join us? Here are 10 compelling new releases to get you started.



Have You Seen Her
by **Catherine McKenzie**
Cassie Peters swaps New York City for her hometown of Mammoth Lakes, Calif. While working search and rescue at Yosemite National Park, she's drawn in by two women who live there. But Cassie is hiding a dark secret, and she's not the only one. (June 27)



Learned by Heart
by **Emma Donoghue**
Part historical fiction, part heart-rending romance, Donoghue's latest is based on the true story of Eliza Raine and Anne Lister, who met as girls at a boarding school in 19th-century York, England, and began a clandestine love affair. (Aug. 29)



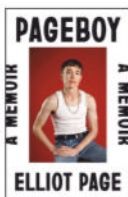
Sunshine Nails
by **Mai Nguyen**
Sunshine Nails is in trouble. The Toronto nail salon, owned by Vietnamese refugees Debbie



WRITTEN BY **Naoko Asano**
PRODUCED BY **Aimee Nishitoba**
PHOTOGRAPHY BY **Christie Vuong**
PROP STYLING BY **Christine Hanlon**



and Phil Tran, is facing a rent hike, and a luxury competitor is moving in nearby. The Trans—with help from their family—pull out all the stops to save the salon, but will it be enough? (July 4) 📖



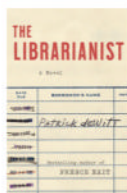
Pageboy
by Elliot Page

Page's highly anticipated memoir was under lock and key at the time of publication, so we didn't get a sneak peek, but the book, from the Academy Award-nominated actor and trans activist from Halifax, is guaranteed to be illuminating. (Out now)



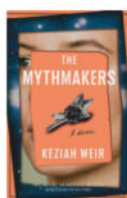
Much Ado About Nada
by Uzma Jalaluddin

Nada Syed is 28, living with her parents and lamenting her failed startup. She also has a tightly guarded secret: a surreptitious connection with Baz, whom she meets again after years apart. Will they overcome their stubbornness and rekindle their romance? Inspired by Jane Austen's *Persuasion*, this novel delights in the thrill of second chances. (Out now) 📖



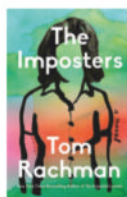
The Librarianist
by Patrick deWitt

The author of *The Sisters Brothers* and *French Exit* returns with the story of Bob Comet, a retired librarian from Portland, Ore. When the septuagenarian, who's an extreme introvert, volunteers at a local seniors' centre, the rich details of his life begin to unfurl. (July 4)



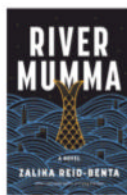
The Mythmakers
by Keziah Weir

Sal Cannon, a magazine writer, sits down to read *The Paris Review* and is shocked to recognize herself as a character in a short story by a famous author. (They'd met briefly at a book launch years ago.) Now that he's dead, Sal seeks out his widow—and discovers that there's more to the story. (Out now)



The Imposters
by Tom Rachman

In Rachman's quietly devastating novel, the pandemic is raging in London and aging Dutch novelist Dora Frenhofer is home alone, dead set on finishing her final book. As she builds characters from her own life, the line between invention and reality is blurred. (June 27)



River Mumma
by Zalika Reid-Benta

Alicia, a young Black woman struggling to chart her course, is visited by the Jamaican water deity River Mumma, who tasks her with finding a missing golden comb hidden somewhere in Toronto. Over the next 24 hours, Alicia goes on a journey of self-discovery. (Aug. 22) 📖



Back in the Land of the Living
by Eva Crocker

When Marcy, a young queer woman, leaves St. John's for Montreal, her timing isn't great. It's the fall of 2019, and within a few months, there's an impending lockdown. Now, Marcy must navigate catastrophe as she builds a life in a new city. (Aug. 22)

★ BEST OF THE BEST ★

Carry-on Suitcases

We tested countless pieces of cabin-sized luggage to find the smoothest ride for every type of trip and traveller



1. FOR THE OVERPACKER

Away The Bigger Carry-on Flex

This chic carry-on is slightly bigger than standard sizing and expands by another six centimetres. While you may need to check it on some domestic flights, the extra space comes in handy when lugging souvenirs

home. Testers noted its ease of manoeuvrability—a must when dashing through crammed airports. \$415, awaytravel.com.

2. FOR THE FREQUENT FLYER

Monos Carry-on Pro

Crowned the *Chatelaine* team's overall favourite, this compact carry-on is

lightweight, with a sturdy telescopic handle and wheels that glide smoothly on all surfaces, from airport carpeting to city sidewalks. It also packs a ton of clever organizational features, including a clothing-compression system and a padded front pocket for electronics. \$395, monos.com.  

3. FOR THE BUDGET-CONSCIOUS TRAVELLER

Amazon Basics Hardside Carry-on

With features seen on more expensive options at a fraction of the price, this carry-on is a steal. The shell is well-built, and large interior pockets keep small items organized. \$110, amazon.ca.



Look for a side handle.

It makes lifting your bag into a plane's overhead bins much easier.



4. FOR SHORT GETAWAYS

Béis The Mini Weekender

From the ultra-viral brand founded by Canadian-born actor Shay Mitchell, this personal item-sized bag fits under most airplane seats. It wowed our testers with its

deceptively roomy interior and easy-access bottom compartment, which is perfect for keeping liquids within reach when going through security (or for stashing an extra pair of shoes!). Bonus: Unzip the

back pocket to reveal a trolley sleeve. \$132, beistravel.com.

5. FOR BUSINESS TRIPS

Gry Matrr Carry-on

This carry-on features a built-in USB charging



port powered by a battery pack, a front pocket equipped with its own lock and plenty of padded pockets for tech, making it our top pick for staying connected on the go. \$210, staples.ca.

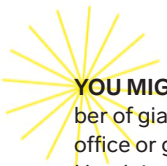
WRITTEN BY
Andréanne Dion
PRODUCED BY
Stephanie Han Kim
PHOTOGRAPHY BY
Christie Vuong
PROP STYLING BY
Nicole Billark



★ HOW TO HEALTH BETTER ★

How Much Water Do You Really Need to Drink Every Day?

WRITTEN BY Devon Murphy



YOU MIGHT HAVE seen an uptick in the number of giant water jugs being toted around the office or gym lately and wondered, “Should I be doing that?” The answer is: not necessarily, though anything that gets you into a solid hydration habit is a win.

We asked two experts to bust common misconceptions around H₂O consumption and to explain why hitting the water bottle is so beneficial.

MYTH: You can only hydrate with water

While Calgary-based registered dietitian Evita Basilio recommends that half the fluids you consume daily are water, she says the other half can come from a number of sources, like coffee, tea, milk, sports drinks, 100 percent

veggie or fruit juices, soups or even foods like berries, oranges, celery and melon. And when you’re thirsty, don’t reach for that can of Coke: Sugary soft drinks should be enjoyed in moderation.

MYTH: You need eight glasses of water a day

Just like each body is different, every person’s

✗
At least half of your daily hydration should come from water.

water needs differ, depending on factors like age, climate, sweat rate, activity level and diet. Older adults, for example, should closely monitor their hydration to avoid symptoms like dizziness, which can lead to a fall.

While eight glasses of water is an easy number to reference, you can do your own, more precise calculation, says sport physiotherapist Emma Jack, who’s based in London, Ont. “My advice is [to drink] between half an ounce and one ounce per pound of bodyweight,” says Jack. While a trendy water jug isn’t a must-have, one can typically hold anywhere from 16 to 64 ounces, which may make it easier to keep track of your intake. Above all, it’s most effective to sip water throughout the day, Basilio adds, rather than make up the deficit just before bedtime.

Having trouble staying the course? Try adding some flavour with fruit or veggie slices, or use a hydration app to track and gamify your progress.

MYTH: Dehydration only affects your body

Dehydration also affects your sleep and cognitive state. When you hit that 2 p.m. slump, you’re more likely to need water, not coffee. “If you don’t drink enough fluids, you’re tired, [and] if you don’t sleep enough, you’re dehydrated,” says Basilio.

Being well hydrated can improve your sleep quality, cognitive function, attention and overall mood. “If you want to feel better throughout the day, one of the easiest things you can do is drink more fluids.”

MYTH: You need electrolytes after every workout

Jack works with professional athletes, who often need to replenish their electrolytes after intense, lengthy workouts. She recommends reaching for an electrolyte-enhanced drink after 60 to 90 minutes of vigorous activity; for anything less than that, water is just fine. (For more on how to hydrate during summer workouts, see next page.)

MYTH: Thirst is the main indicator of dehydration

When you’re dehydrated, your blood thickens and your thirst response is triggered. But by the time you *feel* thirsty, it’s already too late. Some other dehydration signs to pay attention to include darker-coloured urine that has an odour, headache, fatigue, muscle cramps, constipation and dry mouth. “The important thing here is to be proactive,” says Basilio. “There’s no prep required, and you don’t need to spend any money—just fill a bottle!” ☪

* WE TRIED IT *

A Naturally Sweet Way to Rehydrate?

In search of a less cloying alternative to my go-to sports drink, I took maple water for a spin



STAYING HYDRATED while you work out is extra important during the summer. As someone who hydrates fastidiously while marathon training, I find it a chore to swig more fluids—especially plain water. For longer runs, I usually rely on a sports drink, but the artificial sweetness can be cloying. Could maple water be a natural alternative?

I decided to try Maple 3, which is sourced in Canada and contains 46 nutrients, minerals and electrolytes. Off the top, I really like its delicate flavour—something that Ashley Charlebois, an Ottawa-based registered dietitian and certified exercise physiologist, says makes it a good alternative for people who find water boring. “It’s got a bit more flavour without a ton of extra calories.”

But depending on the length and intensity of your workout, maple water on its own might not cut it. “In general, you need 30 to 90 grams of carbs per hour of exercise,” says Charlebois; maple water contains 8 g per 375 mL. Its electrolyte content is also “pretty low,” she notes. (You need to ingest around 500 to 700 mg of electrolytes per hour of exercise. A 500-mL bottle of sports drink contains around 300 mg, while 375 mL of maple water contains around 50 mg.)

If you still prefer maple water to sports drinks for long workouts, Charlebois recommends using it alongside energy gels or chews. (I’ve found that it nicely balances out the sweetness of my go-to gummies.) On its own, it’s great for refuelling during shorter workouts. —Karen Kwan
Maple 3 Pure Maple Water, \$28 for a six-pack of 1-L containers, maple3.ca. 

Running in Circles



THE CLOUDNEO IS MADE FOR RUNNING BUT STYLISH ENOUGH FOR EVERY DAY.

WOULD YOU RENT RUNNERS? What if we told you that you could get a new pair of kicks every time you need one while also helping close the loop on waste? Wildly popular performance apparel and footwear brand On has created the Cyclon subscription program, their first-ever fully circular running shoe rental service. Here's how it works: You wear the recyclable Cloudneo shoes—a sleek, high-performance style made from castor beans—for six months (or roughly 600 km), then swap them for a fresh pair, using the provided bag to send the old ones back (no matter how tattered) so they can be broken down and made into new shoes. \$35 a month, on-running.com.



LASHING OUT

Mascara packaging is notoriously difficult to recycle, so Lush came up with a genius workaround: a solid, packaging-free “tube” made from butters (cocoa, illipe, cupuaçu) and waxes (including candelilla and carnauba). The Naked Mascara is available in four shades—black, brown, blue and coral—and comes with a set of three brushes that create volume, provide definition and separate lashes. To use, wet a brush, swirl it inside the cylinder and apply as usual. \$16 each, lush.ca.



TINTED LOVE

The brainchild of Bite Beauty founder Susanne Langmuir, Lixr offers a curated line of all-natural makeup. Try the brand's Future Foundation Serum, a tinted blend of oils that is matched to your complexion using AI and can be customized with a slew of skincare ingredients.

FOUNDATION, \$88, [LIXRBEAUTY.COM](https://lixrbeauty.com).



Body of Work

Whether you have commitment issues or want to test out placement options, Canadian brand Inkbox makes hyper-realistic temporary tattoos that last up to two weeks. They come in every size and style imaginable—from dainty fine-line designs to extra-large illustrations—and work on all skin tones. If you fancy yourself an artist, you can also opt for the freehand marker. From \$10, inkbox.com.



Sunlight can break down the pigment in tattoo ink, which leads to fading. Protect your permanent art by using SPF on the regular.

* SHOP CANADA *

Vacation Mode

Here's how to put together a heatwave-proof look worthy of the French Riviera (even if you're just renting a rustic cottage)

COVER STORY

A chic chapeau, like this classic straw hat, doubles as sun protection. *Canadian Hat straw hat, \$59, thebay.com.*



THROW SOME SHADE

Oversized sunglasses—like these zesty orange-framed ones by Vancouver-based brand Kits—have a retro vibe. *Sunglasses, \$129, kits.ca.*

BLUE CRUSH

A stylish take on the ubiquitous wicker bag, this woven tote is cute and practical. *Mini knit bag, \$120, ai-co.ca.*



SLIP AWAY

Easy to throw on, these leather slides feature an adjustable buckle. They're also compact and lightweight, making them perfect to pack on your summer adventures. *Leather slides, \$245, poppybarley.com.*

GO GREEN

Crochet is having a moment, and this slightly cropped top is a breezy take on the trend. *Crochet top, \$68, roots.com.*



WRAP PARTY

Tied around your neck, head or favourite handbag, a silky scarf instantly adds a pop of colour to any outfit. *Scarf, \$19, simons.ca.*



FLASH FORWARD

With a mix of blue, green and yellow tones, these statement earrings are surprisingly summery. *Earrings, \$15, aldoshoes.com.*

A FINE LINE

Skip the lipstick and opt for a subtle flick of eyeliner in a punchy hue. *Quo Beauty Liquid Precision Marker eyeliner in Cobalt, \$12, shoppersdrugmart.ca.*



HOLDING PATTERN

Thanks to their flowy silhouette, these boldly printed high-waisted wide-leg pants will keep you cool in the heat. *Wide-leg pants, \$60, reitmans.com.*

Swap out your go-to primer for this sun-safe option.



* BUZZY BEAUTY *

Screen Time

Ready for a sun-soaked summer? At home or away, SPF is a must. These innovative formulas have such luxurious textures that you'll want to drench yourself in them



Throw this quick-drying, non-greasy formula into your beach bag.



This lip primer's rosy hue looks good on everyone.



5



7



6



8

1. Whether worn alone or under makeup, this mineral SPF has a pore-blurring, primer-like finish that we love. *Dermalogica Porescreen SPF 40*, \$77, [sephora.com](#). 2. A sunscreen oil (!!!) that contains ceramides, squalane and hyaluronic acid. *Supergoop! Daily Dose Hydrating-Ceramide Boost SPF 40*, \$59, [sephora.com](#). 3. This oil-free mineral formula is invisible on a range of skin tones. *Dr. Dennis Gross All-Physical Lightweight Broad Spectrum Sunscreen SPF 30*, \$54, [sephora.com](#). 4. A tinted lip primer with SPF preps and protects your pout. *Nudestix Nudescreen Lip Primer SPF 30*, \$22, [sephora.com](#). 5. This sunscreen-primer hybrid gives skin a covetable glow. *E.l.f. Skintouchable! Whoa Glow SPF 30*, \$18, [shoppersdrugmart.ca](#). Available mid-July. 6. On-the-go application is easy thanks to this clear spray-on body sunscreen. *Neutrogena Invisible Daily Defense Body Mist SPF 50+*, \$17, [walmart.ca](#). 7. A twist on Belif's bestselling moisturizer, this cream offers sun protection too. *Belif Aqua Bomb Broad Spectrum SPF 50*, \$50, [sephora.com](#). 8. Plumping and pigmentation-busting ingredients give this sunscreen serious skincare benefits. *La Roche-Posay Anthelios Age Correct SPF 50+*, \$55, [shoppersdrugmart.ca](#).



PSA: In Canada, prescription liquids and contact lens solution don't need to be included in your 1 L bag.

* HOW TO BEAUTY BETTER *

A Clean Getaway

WHETHER YOU'RE STAYING close to home or heading abroad, a vacation is hopefully on your to-do list this summer. But after a few years of staying put, we could all use a refresher on how to pack efficiently. Travel journalist Maryam Siddiqi shares her best tips for taking your beauty routine on the road.

1 KNOW YOUR LIMITS When travelling with carry-on luggage (or bringing beauty products on the plane), liquids, gels and aerosols must be in containers of 100 mL or less and placed in a single clear, resealable 1 L bag. (Exceptions include medications, contact lens solution and baby formula.) And yes, mascara is considered a liquid. Keep your toiletries in your personal item for quick access when going through security.

2 ASSESS YOUR NEEDS A hiking trip and a European city break require vastly

different necessities. Be realistic about what you'll use and what can be left at home.

3 SWITCH TO SOLIDS Cramming fewer liquids into your bag will make a big difference, and many brands offer solid skincare and makeup options that rival their liquid counterparts. The best part? They won't spill.

4 DECANT YOUR FAVES Invest in good-quality travel containers and fill them with your must-have liquid beauty products to avoid lugging around heavy bottles. For extended stays, consider purchasing shower essentials at your destination.

5 RELY ON THE FREEBIES Hotels offer (often fancy) soap, lotion and haircare products. Depending on your destination, they may also have sunscreen and mosquito repellent. Call ahead to find out what they stock.

* IN-FLIGHT ESSENTIALS



THE MULTI-TASKER
Formulated to be used on lips, cheeks and eyes, this do-it-all stick provides a dewy wash of colour anywhere you need it. *Ilia Multi-Stick*, \$47, [sephora.com](https://www.sephora.com).



THE HYDRATOR
Give your skin a boost with this moisturizing bar, which is shaped like a gua sha tool. Apply upward from the jaw using gentle lifting strokes. *Ember Wellness Sculpt & Glow Bar*, \$29, [well.ca](https://www.well.ca).



THE REFRESHER
This soft, sparkling scent will leave you smelling good without giving your seatmates a headache. *Glossier You Solid Perfume*, \$40, [sephora.com](https://www.sephora.com).



BOTTLE THINGS UP

These magnetic and modular leakproof containers come in three compact sizes and can be customized with labels to match your routine. From \$19 per capsule, [keeptoyourcadence.com](https://www.keeptoyourcadence.com).

HOW TO

(powered by the sun!)

Make an Outdoor Pendant Lamp

Capture some sunshine to keep the party going after dark



THIS SUMMER, don't let darkness put a damper on your outdoor gatherings. Whether you're hosting alfresco dinner parties or want a cozy nook for late-night chats, a pendant light instantly makes a space feel more welcoming. "It brings in a cozy indoor-outdoor vibe," says stylist and DIYer Jenn Park Krulik.

She had long wanted to add a stylish light fixture to her patio, but since she had no outlet to plug one into, she set her sights on something solar-powered. "Everything I saw was either really expensive or not my style," she says. When she came across a modern wire planter at her local hardware store, she saw potential. With this speedy project, she transformed the basic vessel into a lampshade for her dream outdoor pendant light.

MATERIALS

- Solar-light kit with light bulb
- Planter, basket or lampshade of your choice
- Small zip ties
- Twine
- Wire cutters (if using a basket)

TEXT, JENNIFER KNOCH; PRODUCED BY STEPHANIE HAN KIM; PHOTOS, CHRISTIE VUONG; PROP STYLING, JENN PARK KRULIK; TABLE, STYLIST'S OWN; CHAIRS, WALMART.CA; VASE, CHAPTERS.INDIGOCA

GET GLOWING

Here's what we used for this project



This easy DIY job can transform a drab backyard into an inviting hangout spot. "A pendant light makes the space feel a bit more special, warm and welcoming," says Krulik, who now hosts frequent dinner parties on her well-lit patio. *Light-powered solar kit with light bulb, \$30, amazon.com. Wire planter, \$85, lowes.ca.*

THRIFTY TIP

MAKE YOUR OWN

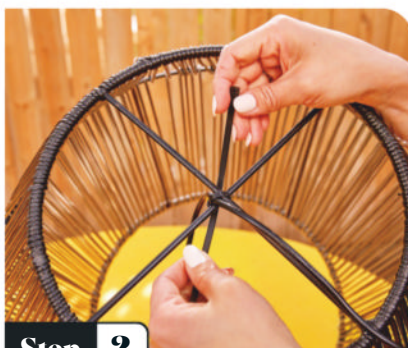
Want to repurpose an existing item? Almost any woven basket or planter can be transformed into a stylish pendant



Step 1

TAKE CHARGE Unpack the solar-light kit and leave the panel outside to charge in the sun for 8 to 12 hours. (Don't screw in the light bulb just yet—see step 3.)

Pro tip Once your pendant is set up, keep the light switch set to "on." The solar panel will collect light during the day and the light will turn on automatically when it gets dark.



Step 2

FIND THE SPOT Feed the cord through the top of your lampshade, with the threaded light-bulb socket facing down and the solar panel at the top.

Pro tip Once the cord is hanging at your desired height within the lampshade, zip-tie the cord to the centre and trim off any excess. (Kruklik used black zip ties to match the colour of her lampshade.)



Step 3

LIGHT IT UP Screw the light bulb into the threaded socket counter-clockwise (or follow instructions to make sure components are properly connected).

Pro tip Before screwing in the light bulb, apply a spray-on sealant to your pendant to help natural materials, like wood or wicker, stand up to the elements all summer long.



Step 4

HANG ON When it comes to hanging the pendant, find a branch in your preferred spot—it doesn't have to be centred! Use twine if you'd like it to hang lower.

Pro tip No tree? You can also use brackets or hooks to hang your light fixture from a structure, such as a pergola. Or opt for a solar-powered tabletop light.



CUT IT OUT

Using scissors or wire cutters, detach the handles from the piece you want to use to create a cleaner silhouette.



MAKE SPACE

Cut a hole at the bottom of the basket to pull through the threaded light-bulb socket and cord. If using a wicker basket, you may be able to part the woven material instead for a seamless look.



TIE THE KNOT

As shown in step 2, use zip ties to secure the light kit's cord in place once it's hanging at the right height.

Set the Table

When hosting a backyard bash, opt for an eclectic mix of vivid hues to get the (dinner) party started



1. Ceramic candle holder, \$25, spiral candles, \$8 for a set of 2, [hm.com](https://www.hm.com). 2. DMG amber wine glasses, \$15 each, [saudadetoronto.com](https://www.saudadetoronto.com). 3. Ovi brass flatware, \$30 for a set of 5, [chapters.indigo.ca](https://www.chapters.indigo.ca). 4. Home Trends plastic pitcher,

\$10, [walmart.ca](https://www.walmart.ca). 5. Mainstays rope stacking chair, \$70, [walmart.ca](https://www.walmart.ca). 6. Checkered bamboo and melamine dinner plate, \$48 for a set of 4, [xeniataler.com](https://www.xeniataler.com). 7. HomeTrends melamine plates, \$33 for a 12-piece set,

[walmart.ca](https://www.walmart.ca). 8. Bamboo and melamine coasters, \$28 for a set of 4, [xeniataler.com](https://www.xeniataler.com). 9. Checkered ceramic fruit bowl, \$10, [simons.ca](https://www.simons.ca). 10. JF x Jillian Harris x Life At Home blue fluted wine goblets, \$7 each, [joefresh.com](https://www.joefresh.com). 11. Ovi large

oak serving board, \$50, [chapters.indigo.ca](https://www.chapters.indigo.ca). 12. Blue muslin napkins, \$18 for a set of 2, [hm.com](https://www.hm.com). 13. Scalloped cotton placemats, \$85 for a set of 2, [ladoublej.com](https://www.ladoublej.com). 14. Casa Cubista striped terracotta pasta bowl, \$49,

[saudadetoronto.com](https://www.saudadetoronto.com). 15. David Shaw white and gold serving set, \$46, [independencetcitymarket.ca](https://www.independencetcitymarket.ca). 16. Casa Cubista mini terracotta plate, \$16, [saudadetoronto.com](https://www.saudadetoronto.com). 17. Cotton tablecloth, from \$40, [simons.ca](https://www.simons.ca).

LUMIFY[®]
REDNESS RELIEVER EYE DROPS

FROM THE EYE CARE EXPERTS AT **BAUSCH + LOMB**

**YOU WON'T
BELIEVE
YOUR EYES.**

- **Significantly reduces redness** to help eyes appear **whiter** and **brighter**.
- Starts to work in **1 minute** and lasts up to **6-8 hours**¹



1. McLaurin E, Cavet ME, Gomes PJ, Ciolino JB. Brimonidine ophthalmic solution 0.025% for reduction of ocular redness. A randomized clinical trial. Optom Vis Sci. 2018;95(3):264-271
LUMIFY is a trademark of Bausch & Lomb Corporation or its affiliates. To be sure this product is right for you, always read and follow the label.

MANUFACTURER COUPON | EXPIRES 12/31/23

COUPON NOT VALID IN QUEBEC

SAVE \$4 on any **LUMIFY** eye drops

DEALER/RETAILER: Upon presentation of this coupon by your customer toward the purchase of the specified product, Bausch + Lomb Canada will reimburse the face value of the coupon plus regular handling fee provided you accept it from your customer on purchase of item specified. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in previous 90 days to cover coupons presented will void coupons. Coupons submitted become our property. Reimbursement will be made only to retail distributor who redeemed coupon. A reduction in any applicable taxes payable is included in the coupon face value. For redemption, mail to: Bausch + Lomb Canada, PO Box 31000, Scarborough, ON, M1R 0E7

CONSUMER: Valid only in provinces and territories outside of Quebec. Coupon must be presented to cashier at time of purchase. Offer cannot be combined with any other offer. Expiry date: December 31, 2023.

To be sure these products are right for you, always read and follow the label.

®/™ are trademarks of Bausch & Lomb Incorporated or its affiliates.

Bausch + Lomb Corporation, Vaughan, Ontario, L4K 4B4

© 2023 Bausch + Lomb Corporation. TP20336



WRITTEN BY **Alisha Sawhney** PHOTOGRAPHY BY **Christie Vuong**

AT HOME with Nani





I never imagined I'd have an 85-year-old roommate well into adulthood. But living with my grandmother has been a lesson in patience, humility and matriarchal love

The new year started off like most days in my home do: me trying to beat my nani to our shared washroom. She has remarkable timing when it comes to the toilet. Whether I'm tiptoeing in at 3 a.m. or taking a bathroom break before lunch, Nani, my maternal grandmother, is *always* in there. Sharing a washroom with an 85-year-old is a special kind of hell reserved only for stay-at-home granddaughters like me.

On that first morning of 2023, our race to the toilet was just the start of Nani's antics. As I was about to fall back asleep, a Facebook live stream from the local temple began blaring in my bedroom. Why was it getting louder? Why was *Om Jai Jagdish Hare*—a devotional hymn (and certified pooja bop when it's *not* blasting through a New Year's hangover)—edging deeper into my eardrums? What did I do in this timeline to the Supreme Lord Vishnu to deserve this?

I stormed into Nani's room and scanned her

makeshift temple. The volume of the bhajan sawed while my blood pressure steadily rose. She was sitting up in bed, staring blankly at her phone. No sound was coming out of it. And then it hit me: She'd accidentally connected her phone to my Bluetooth speaker. *Ugh*. I'd like to have a word with the Hindu god of technology.

For as long as I can remember, my grandparents have lived under the same roof as me, my brother and my parents in Mississauga, Ont. Given that cohabiting with extended family is more prevalent among ethnic populations, I never questioned our multi-generational cohesion. It wasn't until my teenhood that I became familiar with the idea of the "nuclear family": parents and kids only. Aunts, uncles and cousins congregated in my family home every weekend for get-togethers and meals. Despite competing sound systems (every relative brings a distinct brand of commotion), I welcomed the bustle as a necessary irritation of a richer family life.



Having a housemate who is a senior citizen prepares you for life in unexpected ways. I'm reminded of my mortality when I flick Nani's white hairs off my freshly laundered pants. (I don't have the heart to tell her about it.) Or when she leaves the faucet gently running behind her. Nani isn't easy on herself. If I point out her lapse, she will deny it, embarrassed. Patience, I tell myself, is the softest form of love.

Nani is like a fixed point on the spinning wheel of my life. Throughout my childhood and early adult

years, our relationship survived every type of closeness and distance. I remember spending hours in the basement playing dress-up with Nani's gold jewellery and rolling around my grandparents' bed wrapped in her chunnis. Even when I felt the furthest from Nani during university, all I'd have to do was apply lipstick as blush (her singular makeup hack) and I'd be transported right back to the refuge of her dressing table. These days, I know we will inevitably reunite at our double-sink

vanity, brushing our teeth in unison. I like to think of Nani's presence in my life a bit like tarka, the aromatic blend of onions and spices that anchors most Indian dishes. You can't live without tarka.

When I was growing up, my grandmother told me something strange about white people. As a schoolgirl in pre-Partition India in the early 1940s, she was told that white skin was hardened by cold climates, which was why white people were so industrious. Adversity had made their flesh firm. In British India, white ambition fattened bank accounts and expanded properties. White resolve, she learned, did not melt in the hot sun; it did not succumb to noon-hour naps.

Nani grew up in Dayal Bagh, a locality in metropolitan Agra, about a 20-minute drive from the Taj Mahal. The sixth of seven children, she was a competitive kid who was determined to make it out of her Mennonite colony with an education. After graduating from Dayalbagh Educational Institute, she moved to Delhi to work as an elementary-school teacher. In 1962, she had an arranged marriage and within three years left India for good.

Nani landed in Edmonton in March 1965, with my then 16-month-old mom in tow. Canada was home now, with its wondrously wide streets and the quiet dignity of its national flag. I'm convinced that the Canadian prairies hardened her brown skin—not from the adversity of dealing with winter's chill, but from the burden of being forced to assimilate into this new world. My grandfather had arrived in Alberta a year earlier, in 1964. During that time, many new Canadians rode a wave of relaxed immigration policies that allowed them to build social capital and occupy previously white-only postal codes.

When Nani enrolled in psychology courses at the University of Alberta, her life was just beginning. She was always hard at work: Between schoolwork and driving lessons, she would regularly haul plastic bags full of vegetables and spices from the general



store, the thin handles creating blisters on her hands. Nani often stares at my fresh manicures with a half smile. Is she happy that I can afford the luxuries she couldn't? Or does she secretly think I'm too delicate to handle making aloo gobi and a tower of rotis? Probably the latter.

Knowledge of Nani's proficiency in the kitchen spread among the Indian community in Alberta and, later, Ottawa, where my grandparents and their five daughters relocated in the late 1970s. Nani took pride in endurance. Not a week went by when she wasn't feeding a dozen nearby relatives her signature subjis, like chole, saag or rajma. If you were to dig up an Ottawa phone book from 50 years ago, Nani would be able to list off all the family names that stretched white mouths in unusual directions without even glancing at the book.

I've never felt Nani's battle between assimilation and preservation. We tend to grow up thinking our elders will never understand our struggles, but the truth is they make sure we never feel theirs. My two worlds blend seamlessly because of my mother. Our road-trip playlist jumps from Bob

Marley's "Buffalo Soldier" (Nani's favourite) to "It's the Time to Disco" (my go-to Bollywood tune from childhood) and then to Earth, Wind & Fire's "September" (my mom's most-played song). In these moments, we're just three women bonded by a sun-soaked sky and nostalgic melodies.

As was the case with so many South Asian women of her generation, Nani's identity was wrapped around her husband's. She wore her devotion to my grandfather, my Nanu, on her sleeve. But who was she outside of their relationship? As the highest-ranking woman in my maternal family tree, her role was not about finding herself but about sublimating herself—in the duty of family, in the duty of work and in the duty of being a model minority. Nani understood that the true value of hard work isn't money or shiny praise but rather the feeling of self-worth. She counted her wealth in jars of dal. It wasn't until 2009, when she became a widow, that she started to learn who she was, and I witnessed her on that journey.

The temple became Nani's social playground. Vanity plates in



the parking lot name-drop regions half a globe away—Gujarat, Kolkata, Mumbai—and suggest steadfast allegiances to identities long left behind. Nani usually dons a pastel-coloured salwar kameez with white New Balance sneakers and a Roots hat—the reigning aesthetic among South Asian grandmas.

For Nani, each day is an opportunity for another on-screen pooja or another virtual yoga class she teaches via Facebook Live. I recently ordered her a better tripod, which is as far as creating a home studio will go.

After Nani turned 80, her walker became a fixture in our home. She's lost the dexterity she once had in the kitchen but now uses her hands to keep the staff at TransHelp—the ride-share service that facilitates her social life—on speed dial. As I roll her

walker up the porch steps, our neighbour and fellow temple-goer watches Nani's knees tighten as she struggles to stay standing against the garage. They regularly banter about the handful of 30-something grandsons they'd like to set me up with. I know better than to stay on the porch for too long.

Lately, I've been thinking about what these mundane interactions between us mean. It's satisfying to help demystify her smartphone and show her how to pay bills online. In turn, I get a catalogue of family lore and recipes, a firmer grasp of my roots and the same dry reassurance whenever I share my fears: "Life goes on."

But what keeps me from moving out and living independently? Is it seeing Nani more wholly now that I am an adult? I think it's more intangible than that. I've learned not to overestimate the time we have left with those we love. Being around Nani offers a glimpse at a full and happy life. While my 20s have been a treadmill of chasing goals, Nani's slow pace reminds me to be still. I'm not ready to give up that balm yet—even if it means sharing a washroom with her for a little bit longer. 

CHANTAL KREVIAZUK



IS DOING THE WORK

The singer is in it for the long haul—in her music, her philanthropy and her marriage

WRITTEN BY **Maureen Halushak**



HERE'S A SCENE in *I'm Going to Break Your Heart*—the 2019 doc-

umentary that follows Chantal Kreviazuk and her husband, Raine Maida, as they retreat to a remote French island to work on new music (and their marriage)—in which Kreviazuk breaks into song in a patisserie. The lyrics are inspired by a recent session with their marriage coach, during which she relayed her experience of feeling belittled as the youngest kid in her family and how Maida can trigger the same feeling when he's inattentive. She sings the first verse of the song, called "Bring That Boy," and then Maida tells her to stop. "I get it," he says. "I'm getting choked up." In the background, a woman seated behind the couple looks at them with a mildly befuddled expression.

Throughout the documentary, Kreviazuk puts it all on the table—the good, the bad, the mundane—in regard to her decades-long marriage to the Our Lady Peace front man, with whom she shares three teenage sons. This is something she continues to do on Instagram, garnering fervent replies. (One example: "This is some freaking amazing truth about marriage.") As a result of these unvarnished yet hopeful dispatches from the mid-life marriage trenches, couples have sent Kreviazuk and Maida videos of themselves tearing up their divorce papers, inspired to try again.

While researching Kreviazuk for this story, I will admit that I felt—like the woman in the patisserie—mildly befuddled. This confusion didn't stem from the Winnipeg-born singer's enduring, well-earned success. She's a prolific songwriter who describes the process of working with other artists as a "spiritual

PHOTO: RAPHAEL MAZZUCCO. MAKEUP: TAYLOR CHOUSKY. HAIR: HEATHER WENMAN. STYLING: JESS MORI.

transaction”; she has written for Drake, Kendrick Lamar, Pitbull and Britney Spears, in addition to releasing nine solo records and a joint album with Maida under the moniker Moon Vs Sun, as well as contributing her commanding vocals to various other projects. (If you need a refresher, “Wayne,” from her 1996 debut album, *Under These Rocks and Stones*, remains a barnburner of a track.)

Instead, it’s Kreviazuk’s unflinching candour about her marriage that I don’t quite get at first, whether she’s detailing an argument over outdoor plants on Instagram or tweeting that she misses Maida when he goes to the store. (For the record, I do not miss my husband when he goes to the store.) But as I speak to Kreviazuk, it becomes clear that authenticity is her default setting, something that powers all of her partnerships—domestic, professional and otherwise.



“I DO BELIEVE THAT if we follow our values and follow the things that feel uniquely purposeful to us, then everything will work out,” Kreviazuk tells me over a recent Zoom call from her home in Los Angeles. We’re talking about her new partnership with British Columbia-based beauty brand Back to Earth, an eight-product range made from sustainably harvested clay and sold in 100 percent biodegradable packaging. “The company is completely transparent, which is one of my major values when it comes to getting involved with anyone.”

Kreviazuk’s involvement with any project is never in name only. “There are a lot of artists who show up to support a cause, but Chantal is not a hobbyist,” says Dr. Samantha Nutt, founder and president of War Child Canada, a charity that provides long-term support to women and children in countries affected by war. Nutt first met Kreviazuk 25 years ago at the MuchMusic building in Toronto, which led to the singer recording a public-service message for the organization. Since then, Kreviazuk has travelled with War Child to places like Ethiopia, Jordan and Iraq and recently received the inaugural War Child Founder’s Award.

“Watching her interact with people who have experienced loss and war, I’ve witnessed her compassion and her empathy and her understanding of all that life is—the good and the bad and the joyful and the heartbreaking,” says Nutt. “She’s an artist in the truest sense of the word.”

The pair have also become close friends. “We laugh so much when we’re together that my face and abs hurt when I go home,” says Nutt, who notes that Kreviazuk is always the first person to jump in the lake, even on the chilliest cottage weekend. “It’ll be freezing, but for her, it’s a beautiful day.”

Kreviazuk’s optimism courses throughout our conversation. “I’m turning 50, but I’m really excited about the future,” she says. “It feels like my cup runneth over.” She ended up celebrating her milestone birthday at a Toronto fundraiser for the Jane Goodall Institute (JGI) Canada, for which she recently became an ambassador. “We take great care to choose authentic people as ambassadors,” Goodall, the renowned primatologist, tells me. She first met Kreviazuk at an event 25 years ago. (Afterward, the two spent hours walking around Toronto together.)

At this year’s event, Goodall and Kreviazuk spoke about JGI’s work—tens of thousands of young people around the world have



**Chantal's
favourite
skin-saving
facial mist**

“My skin tends to be dry, so being able to hydrate throughout the day is very appealing,” says Kreviazuk about her go-to Back to Earth product. \$30, backtoearthskin.com. 

gone through its Roots & Shoots youth-leadership program, which was established in the 1990s—and also the war in Ukraine. Kreviazuk, who is half Ukrainian, is currently fundraising for Unite with Ukraine, an initiative that provides supplies to men and women on the front lines. “Helping a war effort kind of goes against what the past 25 years of working with War Child has meant to me,” she says, “but nobody would believe that we would be having this type of fight in the year 2023.”

While Kreviazuk says she has never hesitated to speak out about her beliefs, it’s gotten easier as she’s gotten older. “You command space in a different way,” she says. “I’ve never been shy, but I feel really confident now.” At 50, she’s also reaping the rewards of playing the long game. “As an artist, I’ve never been massive—I’ve never gone up and come down, fallen off and then gotten back up,” she says. “I’ve always just been out here doing my thing.”

This brings us back to the patisserie. I now realize that sharing her relationship struggles—and how she’s overcome them—is another extension of Kreviazuk’s art. Her goal is to not only improve her own relationship, but yours too. “Great art is about being honest,” she says. “It comforts people and inspires people and empowers people to move forward.”

And so I finally understand the greater mission behind her Instagram musings, the incredibly intimate documentary and an upcoming book that will share some of the lessons from her and Maida’s 15 years of marriage coaching. “I feel like I’m on a path, and I really feel that way in the work I do with my husband in particular,” she says. “One step leads to another step.” 

I Quit My Job to Make Bannock

Six years later, I've experienced great success—and I've also realized the importance of bringing our culture back to our people

BY **Leslie Bull**, AS TOLD TO **Michelle Cyca** ILLUSTRATION BY **Bruno Canadien**

WHEN

I was small, I spent a lot of time at my grandparents' place; it was in the Louis Bull First Nation, which is in the Maskwacis area of central Alberta. My kokum was a bingo bug, and she'd start cooking dinner for us right after school so that she could drive to Edmonton in time for the game. That dinner was often bannock. I used to stand there watching her stir and fold it, and it would always come out perfect. With melted butter and jam, it was probably the best thing I've ever eaten. We weren't very close, my kokum and me. I don't remember getting a lot of hugs from her. But I do remember watching her make bannock.

I didn't start cooking bannock until I was in my 30s. My first husband was tired of getting it from his mother, so I tried making it for him. And you know what? It didn't turn out that great the first time around—I over-kneaded it, and it was rock hard. But I just kept at it. My memory of how my kokum made it is how I do it, and now it comes out just like hers. These days, I'm a kokum myself: I have five children, 30 grandchildren and one great-grandchild. It's a lot of work being kokum to all those grandbabies! But I try to make myself available to them as much as I can and help my children achieve their goals.

I studied early childhood development and then worked in the field for 25 years. I moved to Calgary about 10 years ago for a new job, but after a few years, I was tired and ready to take a risk. I'd gotten good feedback on my bannock, so I took a business course and started Kokum's Bannock Kitchen in 2017. It was slow at first, but people would tell others, "You gotta try it." I was able to quit my day job within a year. I couldn't have done this without the support of my second husband, who always pushed me forward when I was feeling overwhelmed, and I want to dedicate this piece to him.

Bannock is traditionally made with flour, baking powder, salt and water, and it's either baked or fried. We put a spin on it with different flavours: We do one with cheese, one with cinnamon and sugar and one with strawberries, raspberries, blueberries and sometimes blackberries right in the dough. We make our own bison patties with a secret spice blend and use bannock for buns. People really come back for those. There's also a bannock sundae, where we top cinnamon-sugar frybread with ice cream and a wild-berry sauce. My test audience is my grandkids: If they don't like it, we don't serve it.

At first, we did outdoor markets—not just in Calgary but in smaller places too, like Cochrane and Okotoks. We'd get up at four in the morning, prep our bannock and then hit the road. We were selling out before the markets were over, so we had to start getting up even earlier to make more bannock.

Then we started catering events and going into schools to share a bit of our culture with the students. I'd do a cooking demonstration, have the students make their own bannock and talk to them a bit. Both of my parents are residential school survivors, but I went to a non-Native school in the white town. I didn't learn much about my culture until I went back to school at Maskwacis Cultural College after having my babies. That was an eye-opener for me.

When COVID-19 hit, all the catering jobs disappeared. So I went home to the reserve to take care of my mom. I got a job there, working with at-risk families. When things started to ease up, I received an email from the manager of a food market in Calgary. He said, "We have a kitchen here that you could use. Are you interested?" And I said, "Of course!" I started running a food stall at

"It was slow at first, but people would tell others, 'You gotta try it.' I was able to quit my day job within a year."



the market from Friday to Sunday while continuing to work on the rez from Monday to Thursday. When I finished my contract with our reserve, I came back to Calgary full-time.

At the kitchen, I put up a sign explaining what bannock is, and people sometimes read it and said, “Oh, I didn’t know it came from Scotland!” And I’d tell them that Scottish settlers brought the recipe over, and then we adapted it and made it our own—we just do it a little bit better. Frybread originated in the U.S., when the Navajo tribe was moved to a different territory and had to adapt their foods to the environment. People would ask if we ever cook bannock on sticks—ew, no. Then they’d start asking questions about our people. Food is always a starting point, right?

Some people were skeptical. I don’t want to say haters, but not everyone is ready to try

our food. I kept some sweetgrass and sage on hand to deflect that bad energy, because you always want to have good energy when you’re cooking.

Orange Shirt Day last year was hard. We were crazy busy right up until the 30th, delivering bannock from 3 a.m. until 8 p.m. to mostly non-Indigenous folks. Sometimes we ran a little late, and some orders weren’t perfect. People were impatient, and I just felt there was no consideration. We were busting our butts to help other people feel complete. After I delivered the last order, I thought about everything my parents, grandparents and great-grandparents endured. It just hit me, and it really hurt.

During that time, when we were so busy, we kept dropping pieces of bannock. When that happens, it’s our ancestors showing us that they’re hungry too. The following Sunday, I closed the kitchen, and my family and I had a feast for our loved ones. I had to bring that culture back to us rather than just getting caught up in the world of *môniyâwak* (white people).

Our final month at the market was last November. Now I’m hoping to buy a food truck. Or maybe I’ll go up to the reserve and help young moms, give them some life skills and cooking lessons. There are other options. I want to drive to all the small-town summer festivals—anywhere they have a rodeo or a celebration. Those are the people I want to serve my bannock to. ©

THE CONVERSATION

BIG ISSUES. INSPIRING STORIES. LET'S GET INTO IT

CAROLYN, 76, AND ELISE, 38

Swimming is a family affair for this mother-daughter duo. "I've always loved to swim. Now, I have a pool in my backyard, and I'll stay in there until my fingers are pruned," says Carolyn. "And I get my love of swimming from my mom," adds Elise. "We have a cottage on Lake Simcoe—I'm always the first one in the water, no matter how cold it is. At sunset, it feels like you're chasing the sun."

ON CAROLYN: SIDE-TIE ONE-PIECE SWIMSUIT, \$115, KNIX. CA.  ON ELISE: DEEP-V TOP, \$65, HIGH-WAISTED BOTTOM, \$50, COVER-UP, \$48, KNIX. CA. 



 Dive into summer with an all-Canadian pool party

PRODUCED BY **Andréanne Dion** AND **Sun Ngo** PHOTOGRAPHY BY **Christie Vuong** SET STYLING BY **Caitlin Doherty**
FASHION STYLING BY **Talia Brown Thall** HAIR AND MAKEUP BY **Lateisha Grant** NAILS BY **Taylor Chousky**

FASHION STYLING ASSISTANT: TARA RIVAS, HAIR AND MAKEUP ASSISTANT: RACHEL CORNETT, ON CAROLYN: SCARF, SELFISHSWIMWEAR.COM,  HAT: JOEFRESH.COM,  EARRINGS AND NECKLACE: MODEL'S OWN, ON ELISE: SUNGLASSES AND SANDALS: ALDO SHOES.COM,  OUI FOLDABLE LOUNGERS: CHAPTERS.INDIGO.CA,  PLASTIC MARGARITA GLASSES AND UMBRELLA PICK: PARTYCITY.CA

ON RACHELLE: SUNGLASSES, ALDO SHOES.COM. NECKLACE WORN AS BRACELET, CALOJEWELRY.CA. HAT, JOEFRESH.COM. EARRINGS AND RING, MODEL'S OWN. PLASTIC MARGARITA GLASS AND UMBRELLA PICK, PARTYCITY.CA.



RACHELLE, 46

"Outlet Beach at Sandbanks Provincial Park, on Lake Ontario, is a fantastic swimming spot. The water is warm and shallow, and the beach gently slopes toward the water."

LOW-SCOOP-FRONT ONE-PIECE SWIMSUIT, \$138, LONDREBODY WEAR.CA. 

5 swimsuits that make waves—and why we love them

Winning streak

On Rachelle's bikini, a clever use of colour blocking makes the body appear longer. The top comes in two different strap designs to accommodate a variety of bust sizes.

SQUARE-FRONT TOP, \$110, HIGH-WAISTED BOTTOM, \$100, LEFTONFRIDAY.COM. 



Change your ways

The reversible top of Alicia's set features a pattern on one side and solid teal on the other. It can also be tied at the back, at the front or on the sides.

TOP, \$120, HIGH-WAISTED BOTTOM, \$90, SELFISH SWIMWEAR.COM.  

All tied up

The straps on Carolyn's swimsuit cross in the back and are fully adjustable, so it fits perfectly even when your body fluctuates from day to day.

V-NECK ONE-PIECE SWIMSUIT, \$111, PENNINGTONS.COM. 

Surf the net

With mesh cut-outs at the front and sides, the one-piece worn by Elise shows a little bit of skin while still being practical enough to play sports on the beach.

MESH ONE-PIECE SWIMSUIT, \$269, BATHINGBELLE.COM. 

Halter ego

The deep-plunge, fully adjustable halter top of Denise's suit is designed with an elastic band under the bust to offer plenty of lift and support.

ONE-PIECE HALTER-TOP SWIMSUIT, \$170, SELFISH SWIMWEAR.COM.  





DENISE, 46

"In April, I did a cold plunge in a fjord in Puget Sound. I jumped into the freezing water and got right back out immediately, all tingly and clear-headed."

STRAPLESS SWIMSUIT, \$150, TWIST-FRONT COVER-UP, \$100, HILARY MACMILLAN.COM. 

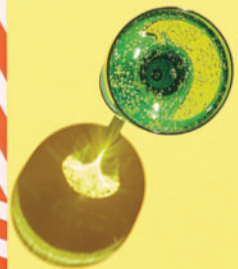
ON ALICIA: RING (LEFT HAND), MODEL'S OWN, RING (RIGHT HAND) AND EARRINGS, DEANDAVIDSON.CA. ■
NECKLACE, WORN AS ANKLET, CALOJEWELRY.CA. ■ SANDALS, ALDO SHOES.COM. ■ PLASTIC MARGARITA GLASS, PARTYCITY.CA



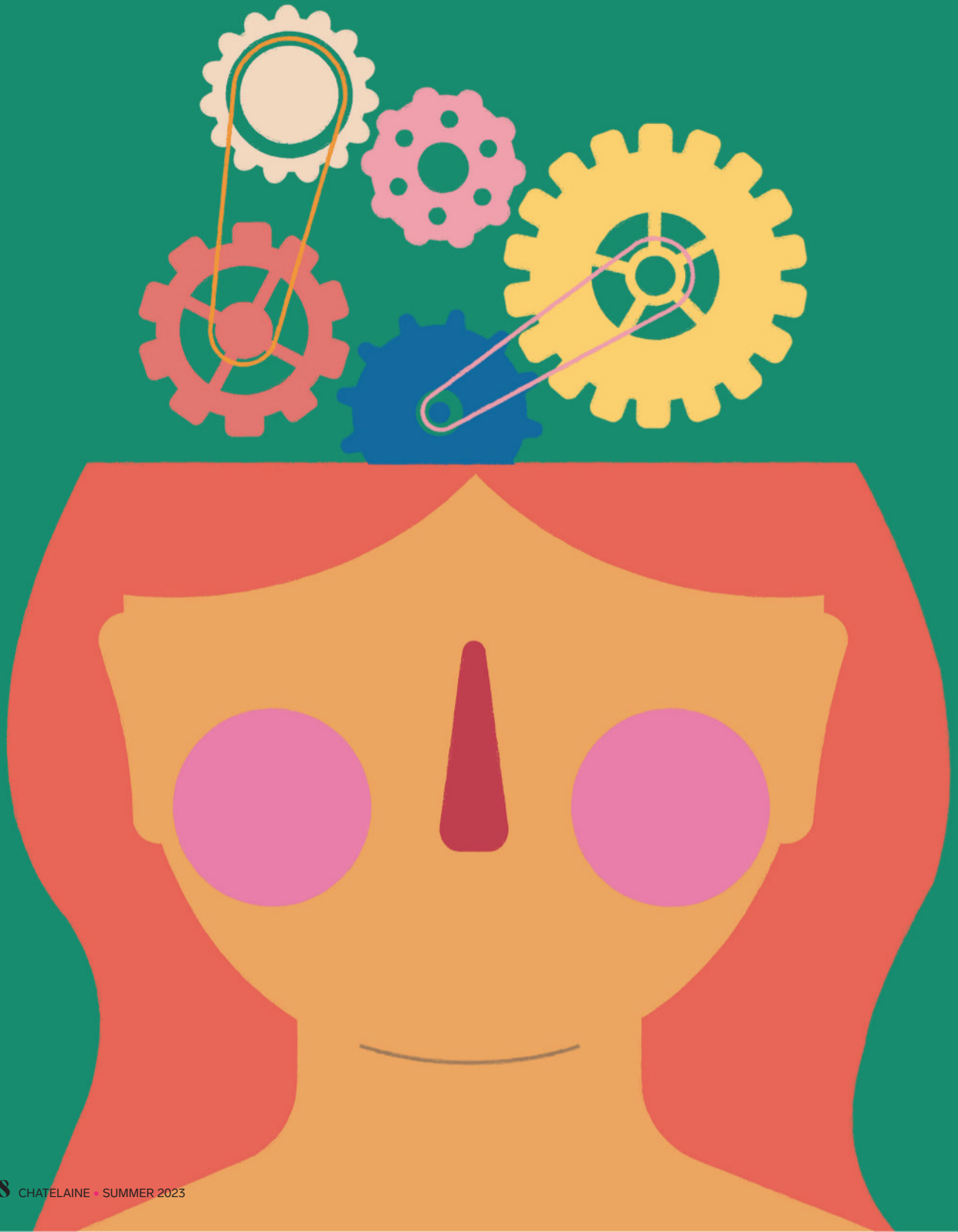
ALICIA, 45

"My favourite spot to swim is on Loon Lake, in Muskoka, Ont., where my husband's family owns a cottage. We're in and out of the water all day, swimming and playing. Watching my kids embrace nature is so rewarding."

LONG-SLEEVED ONE-PIECE SWIMSUIT, \$269, [BATHINGBELLE.COM](https://www.bathingbelle.com). ■



SOME GOOD NEWS FROM MEMORY LANE



W

We all have momentary memory lapses—misplaced keys, forgotten names—that can make us feel like dementia is nigh. (Headlines along the lines of “Is it forgetfulness or Alzheimer’s?” do not help.) But there’s actually a lot of good news when it comes to keeping your mind sharp. Just ask Ron Robert, an 85-year-old London, Ont., resident who graduated from King’s University College last fall, seven years *after* his Alzheimer’s diagnosis. Or ask the researchers behind a new study in the *American Journal of Clinical Nutrition*, who found that daily multivitamin use may slow memory loss in older adults—the second study to arrive at this encouraging conclusion. Throughout the next four pages, you’ll find actionable ways to maintain or even improve your brain health, as well as some very encouraging news about Alzheimer’s risk.

PRODUCED BY
Maureen Halushak, Erica Lenti
AND **Stephanie Han Kim**

ILLUSTRATIONS BY
Carmen Jabier

DO MEMORY-SUPPORTING SUPPLEMENTS WORK?

Research shows that the best way to promote good brain health is to eat a balanced diet. But what about supplements that claim to boost your memory? “The science is largely inconclusive,” says Alzheimer Society of Canada’s Dr. Joshua Armstrong. Still, he says, some have shown promise. Here are three memory-supporting vitamins and supplements to consider.



Omega-3 fatty acids Found in foods like flax seeds, spinach and salmon, omega-3 fatty acids have an anti-inflammatory effect that protects brain cells. Studies have also found a link between a higher intake of fish and a lower risk of cognitive decline.



B vitamins We know that a range of B vitamins, including B9 (found in leafy veggies and beans) and B12 (found in meat, fish and dairy), play a big role in improving brain health. Studies have also linked a deficiency in B vitamins to depression and dementia in the elderly.



Vitamin D A recent study found that women who supplement with the sunshine vitamin are 40 percent less likely to develop dementia than those who do not. But how much you would need to take to see an effect is difficult to pinpoint. —Karen Robock

FOODS FOR THOUGHT



“I try to eat fish or seafood at least three times a week. I would recommend that to anybody as overall prevention and for brain health.”



DR. LAURA LACHANCE IS A PSYCHIATRIST AT ST. MARY’S HOSPITAL AND AN ASSISTANT PROFESSOR AT MCGILL UNIVERSITY IN MONTREAL WHO STUDIES THE IMPACT OF NUTRITION ON MENTAL HEALTH AND BRAIN HEALTH.



TOTAL RECALL

According to Canadian memory championship competitors Braden Adams and Don Michael Vickers, the secret to quick recollection is building a “memory palace.” Here’s how to build your own to memorize your grocery list.

1

Picture a location—a place that’s familiar to you, like your home.

2

Allocate each item on your list to a different area in each room of your palace. Think: a bunch of bananas hanging from your entryway coat rack, an armchair made of onions in the living room, a bathtub full of milk.

3

Choose a path to walk through your palace, starting from the entrance with your banana coat rack, to create a specific order for every item. Repeat the path until you’ve got it down.



Still can’t remember items? Try word associations. To remember to buy bread, imagine Brad Pitt in a red coat slicing up a loaf. Repeat the *Br* sound of Brad and rhyme *red* with bread. —**Ayesha Habib**



How an actor learns their lines

“I have to be on my feet when I’m learning lines. To get them into my body, I’ll sometimes record them on my phone and then go for a run or a walk and just listen to them over and over again. I was also diagnosed with ADHD as an adult, which impacts short-term memory and means I struggle with sitting still. Acting is an embodied craft, and being able to focus on the text through movement helps me a lot.”

—ELLE-MÁIJÁ TAILFEATHERS IS AN ACTOR WHOSE ROLES INCLUDE ISABELLE LACOSTE IN *THREE PINES* AND NISKA IN *NIGHT RAIDERS*. SHE’S ALSO A WRITER, PRODUCER AND DIRECTOR WHOSE LATEST PROJECT, *LITTLE BIRDS*, IS OUT NOW.

FOODS FOR THOUGHT



“My family is shifting to eating more vegetarian dishes, especially those with lentils and chickpeas. They’re a good source of protein—which you need to maintain your brain—without a lot of the other things that are not good for you, like saturated animal fats.”



DR. ALEX HENRI-BHARGAVA IS A NEUROLOGIST BASED IN VICTORIA.

BRAIN BOOST

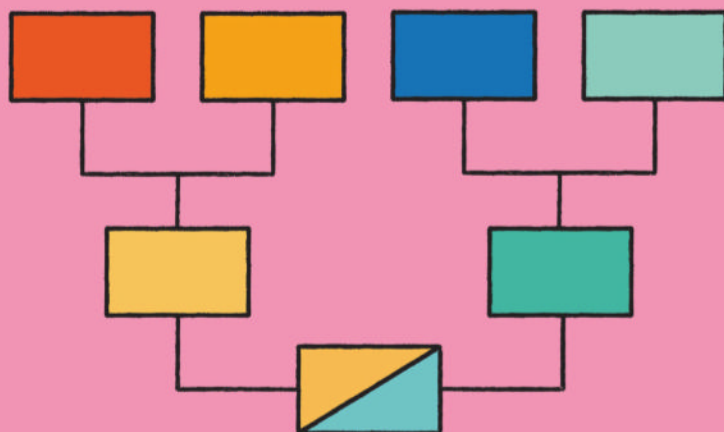
Trying to remember someone’s name? Create a funny rhyme. “I usually make up some silly rhyming nonsense; it makes me laugh to myself, and I’m more likely to remember the name.” —DR. SHARON COHEN,

NEUROLOGIST AND MEDICAL DIRECTOR OF THE TORONTO MEMORY PROGRAM



It's never too late to take up pickleball or finally learn French. "Even in older adulthood, your brain is elastic. It's still capable of learning new skills, and that's beneficial for your cognitive health in the long term."

—DR. PENNY PEXMAN, A PROFESSOR OF PSYCHOLOGY AT THE UNIVERSITY OF CALGARY WHOSE WORK FOCUSES ON COGNITIVE DEVELOPMENT, AMONG OTHER AREAS



A Family Affair?

If you have a loved one with Alzheimer's, it's easy to assume you'll eventually get it too. But that's truly not the case

C HILDREN OF PARENTS with Alzheimer's spend a lot of time thinking about what they can do to avoid the disease. I know this firsthand: My mom passed away last fall at the age of 84, and she struggled with significant cognitive decline in her final years. We still had good times together, but it's impossible not to feel a bit robbed by the whole experience.

It's also hard not to feel defeated when it comes to my own risk. My mom walked dogs for decades, volunteered throughout her 70s and read voraciously—all of which should have decreased her odds of getting Alzheimer's. I wondered: Is my own cognitive crash and burn inevitable?

Not necessarily, says Dr. Nicole Anderson, director of the Ben & Hilda

Katz Inter-Professional Research Centre in Geriatric and Dementia Care at Baycrest in Toronto. One of the biggest misconceptions about the disease surrounds family history—more specifically, that it's the only determinant in developing Alzheimer's.

"In the vast majority, there might be a genetic contribution," she says, "but if you're carrying certain genes, that doesn't mean you're going to get it." (Alternatively, you can still get the disease without carrying those genes.) Anderson says genetic testing isn't recommended for this reason.

The good news? The incidence of dementia in western countries is on the decline, and there are scientifically proven things we can do to mitigate individual risk.

By 2020, the Lancet Commission had identified 12 potentially modifiable factors that could significantly reduce risk. Some of these factors are not *that* modifiable—people who have lower levels of education, live in polluted areas or have had a traumatic brain injury are more likely to get the disease. But many other factors are either preventable or treatable, including high blood pressure, smoking, physical inactivity and diabetes.

The FDA has approved two drugs to treat Alzheimer's, but Anderson says the benefits are minimal. "It's ridiculous to wait until people have Alzheimer's to start treating it."

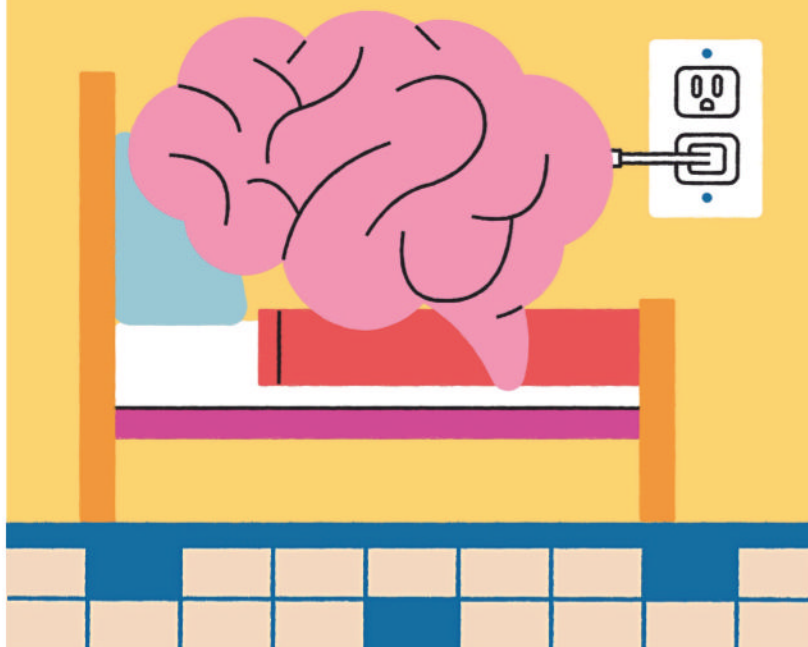
To that end, a new facility at Baycrest is focused on prevention. Those who visit the Kimel Family Centre for Brain Health and Wellness will receive a dementia risk-factor assessment and programming in five different "buckets": exercise, social connections, stress reduction, cognitive engagement and brain-healthy eating.

"Could you do everything perfectly and still get Alzheimer's? Yes," says Anderson. "But you might live more years in good cognitive health before it develops."

Was it possible that my mom's healthy lifestyle gave us more good days together before her decline? I'll never know for sure, but it's made me feel a lot less defeated about her fate—and my own. —**Maureen Halushak**

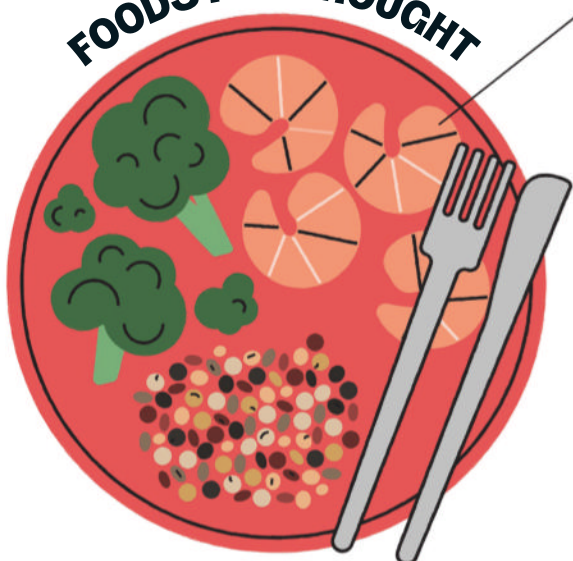
SLEEP ON IT

How catching some quality ZZZs can boost your memory



Sleep is fundamental to brain health. If you don't sleep well, it can "cause daytime drowsiness, disrupt attention and learning and eventually affect your memory," says Dr. Gillian Einstein, a psychology professor at the University of Toronto. Overnight sleep—Einstein recommends between seven and 10 hours—can also benefit memory retention. During deep non-rapid eye movement ZZZs, sleep expert Matthew Walker found that brain waves act as a "courier service" to transport memories from the hippocampus to more permanent storage sites in the brain. This helps us form long-term memories. —**Helen Jacob**

FOODS FOR THOUGHT



"The Mediterranean diet—which is high in fruits, vegetables, grains and nuts and includes some olive oil, seafood and fish—is what one should strive for."



TIANA RUST IS AN ASSISTANT LECTURER OF PSYCHOLOGY AT THE UNIVERSITY OF ALBERTA WHOSE WORK FOCUSES ON AGING.



Memory: Is There an App for That?

Why you should exercise caution with brain games on your phone

WHEN IT COMES TO brain health, easy hacks won't cut it. According to Toronto-based neuropsychologist Dr. Angela Troyer, we should be cautious of apps that claim to improve your memory in five minutes. "If you use a program over and over again, you'll get better at those games," she says. "But does that mean you'll be better at remembering where your glasses are?"

While there's nothing wrong with downloading a popular memory app, Troyer doesn't recommend using one to improve your memory. "There's limited evidence that apps are better than other activities."

Instead, Troyer says to balance three key components for a well-juiced brain: exercising, socializing and cognitive engagement. For the last one, she recommends stimulating activities like puzzles, chess, learning a new language or instrument or writing poetry or stories. Choosing activities that combine all three components is also a good idea. Volunteering, for example, is physical and social and likely involves learning something new. Regardless of what you choose, staying consistent is key—and enjoying the activity will help you stay consistent.

But the best news of all, says Troyer, is that it's never too late to start: "It'll help you no matter how old you are or how good your cognition is already."

—**Ayesha Habib**

Heart disease is the #1 killer of women worldwide.

Join the movement this September
to make a difference!



30 minutes, 30 days. Register at JumpInNow.ca



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

GoodLife
FITNESS

| SALOMON

| Running Room





What it feels like to be

This year marks *Chatelaine's* 95th anniversary. As part of our year-long celebration, we spoke with five other nonagenarians about their experiences of life at 95. All in all, they still feel young and are still fired up, just like us! Read on for their inspiring takes on aging.

AS TOLD TO **Stacy Lee Kong** PRODUCED BY **Aimee Nishitoba**
PHOTOGRAPHY BY **Christie Vuong** AND **Adam and Alexandra**
ILLUSTRATIONS BY **Jacqui Oakley** HAND LETTERING BY **Kristen De Palma**





I HAD A CAREER THAT I LOVED.

I used to be a professor at the University of Toronto, and I really enjoyed teaching and mentoring students. But at the time that I turned 65, the university had a rule that you had to retire. I really did not want to, so a colleague made sure I had an office at the university, and I worked for another 20 years doing research and writing articles and books. When I was 85, I thought maybe I'd had enough. My life got a little narrower then. That's when I decided to volunteer at a hospice because I had done some research on end-of-life care and I thought it really mattered. That filled a big need to feel useful and productive. I did that until the pandemic, and I'm thinking about going back soon.

Now, I don't really have a typical day—although Sundays are reserved for spending time with my daughter and son-in-law. I belong to something called Senior College, which we started more than 10 years ago for retired faculty and librarians at the University of Toronto. We attend lectures and seminars and discuss books. So that keeps me busy on Wednesdays. Then on Thursdays, we have a small group in the condo building where I live that meets for drinks



“It’s a whole new vision of aging for me”

before dinner to talk about life. Fridays, I go to the chiropractor and visit with friends. I still go to the ballet and the opera and concerts and things like that.

In my building, we have an exercise class every week. I also have a Zoom yoga class once a week, and I exercise on my own one other time. I have a daily goal of 7,000 steps. I've been doing regular exercise since I turned 40. I'd read a lot about how it mattered to your enjoyment of life, so I decided I'd better do it. I love life, and I just wanted to make sure I was getting the most out of it.

When I was younger, I thought 80 was very old, and now I think it's quite young. I just never thought that I would be around and enjoying life at 95, so it's a whole new vision of aging for me. —*Merrijoy Kelner, Toronto*



“I want to be independent, always”

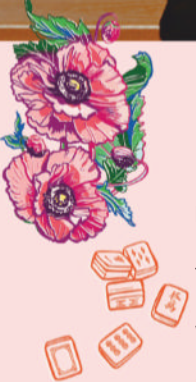
Hou Yuk Chu poses with some of her artwork.



doing well; they visit me regularly, and I can go stay with them for a night or two during some festivals and holidays.

I don't have much concern about feeling like I'm aging. The only thing I'm concerned about is becoming a burden on my family. I'm taken care of at the seniors' home—and I can still live a happy, healthy, independent life.

I would tell younger women that the most important thing is to make sure you maintain your relationships. Family is the most valuable thing, so make sure you spend time with them. And remember that sometimes you will have a low time, and that is normal. When that happens, share with your friends or family; don't keep it to yourself. —Hou Yuk Chu, Calgary



I LIVED WITH MY HUSBAND UNTIL I WAS IN MY 80s, but now I live at a seniors' home. Most days, I join in on activities at the home and talk to the other residents. For the rest of the day, I do some drawing. I also spend quite a bit of time playing my favourite game—Mahjong—on my tablet.

After my husband passed away, I lived with my son for a little while, but I wasn't really happy. I want to be independent, always.

I am proud of myself for being able to raise five children. I think it must be the same for every parent on the planet—we want to work hard so we can feed our children and keep them warm. We were very, very poor, so all my life I had to work very hard doing the lowest-wage work. But now all my children and grandchildren are



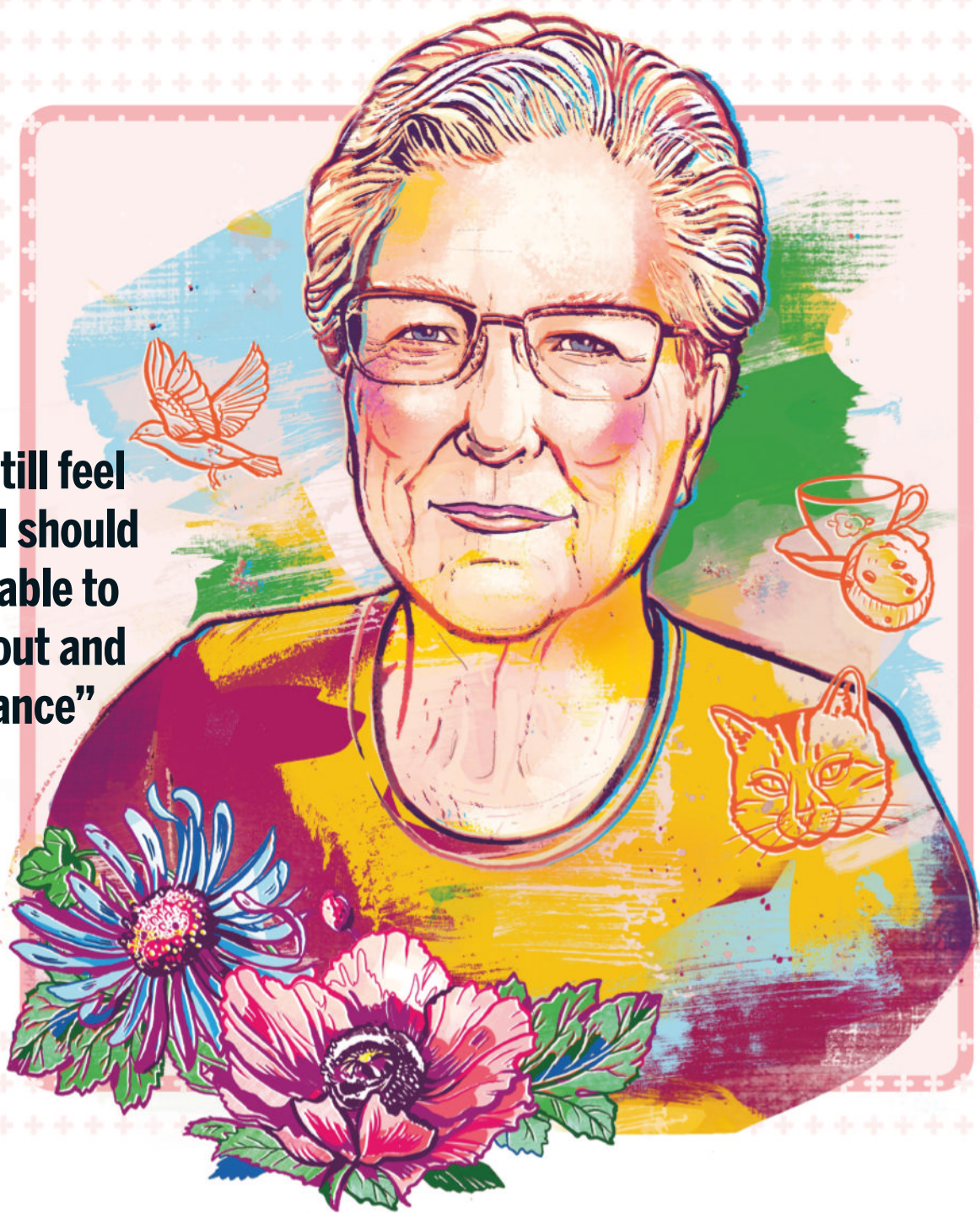
**“My friends
know my door
is open and
my coffee pot
is on”**

I NEVER THOUGHT I WOULD REACH 95 because most people don't. My husband used to say that by the time you're 90, you've lost all your friends. And I did lose some. But I still see people regularly. That's my whole life: interacting with people. Most days, I play cribbage at the Beau-Head Senior Centre or at the Legion. On Sundays, I go to church. Wednesdays and Thursdays, I try to stay home for anything the day brings. My friends know that my door is open and my coffee pot is on. We spend a lot of time on my deck in the summertime, and in the winter, we sit in the living room and tell stories. You know how they go—we sit there and try to relate a story and then forget the name of the person and the place they live in because our memories are shot. We keep saying, “What was her name?” And then we kill ourselves laughing.

Even our cribbage tournaments are more about companionship than getting points. Yes, we love the game. Yes, we're competitive. But it's more about communication. At our age, we can say things to each other that we couldn't say when we were young. And we always have a darn good afternoon with a lot of laughs.

I'm used to being independent and doing the best I can. I'm still driving. I have a special licence plate that says “Lorene9.” Everybody knows it's me, so I have to drive carefully. But over the years, I don't know how many strangers have stopped me and said, “Why is there a nine?” The plate was a gift from my late husband, and he wanted the number 10 on it because to him, I was perfect. But we had to settle for nine, because 10 wouldn't fit.
—Lorene Stepaniuk, *Beausejour, Man.*

**“I still feel
like I should
be able to
go out and
dance”**



MY THOUGHTS ON AGING HAVE CHANGED A LOT. I never did feel old—not really old. I don't even feel old today. I did start to get some aches and pains when I was 91, and I had a stroke, which set me back.

I used to go out a lot. At one time, I was very, very healthy and very active. In our community, we used to have dances every Sunday for the seniors, and I used to go and dance the night away. We would have probably 120, 130 people and lots of music. They used to have a Mother's Day breakfast in the community centre and suppers too. I loved going to them things. I still feel like I should be able to go out and dance. I think that's the most challenging thing about being 95—trying to get around. Summer is better than winter.

I don't get out very much in the winter. In the summer, I go out and sit on the veranda—me and Twitter, my cat—and get a suntan.

Nowadays, my favourite things to do are puzzles and reading. I go shopping when I get the chance, but when I do, there's got to be three people with me: one to push me, one to drive and one to help pick up the groceries. The best thing about being 95 is somebody looks after you. I have a big family—six boys and five girls, all still living, and I can say they've got good health and good lives. They visit me, they bring suppers in. I'm proud of my family and the way they turned out. They've got no wings or halos, but they're good—and they're good to me. —Margaret “Mammy” AuCoin, South Branch-Coal Brook, Nfld.



“I don’t think of myself as an old lady”

I’M STILL INDEPENDENT. And I’m not ready for the old-age home—although we did look at some recently. But I thought that everyone there was too old; I would feel cooped up, and I like my freedom. I keep myself very busy. I do my own cooking, I clean, I take care of my garden, I mow my lawn. My family says, “Don’t cut the grass!” But I’m very stubborn that way.

In the summertime, I take walks around the neighbourhood. It’s hard now because my neighbourhood has changed. I’ve been in my home for 68 years. We bought it brand new, and I’m still there. Everyone else who lived on the street in those early days has moved. Now, there are young people with children moving in, and they have nothing in common with me. I have nothing to talk about with them because my kids are big already. And all my friends are gone. That’s the sad part of it. When we were young, my friends and I had a great time

going to different parties. That’s all gone now. With my husband gone as well, it’s very lonely for me. My kids and grandkids are very good. They try to keep in touch, but at night, you’re on your own. You do feel like you don’t belong to anybody anymore.

I think the best part of being 95 is having my family come for dinner. We have good chats and they tell me all about their lives. I live through their lives.

Life is very different from when I was young. When we first came to Toronto, I didn’t have a refrigerator. I had one of these guys come around with ice. Now I have conveniences. My younger self would be shocked! But I couldn’t live in this world if I didn’t have my family. I don’t have a computer. I don’t have a cell-phone. I don’t know what it’s all about. I don’t drive anymore, so my daughter helps me get groceries, and my grandchildren help me. If I didn’t have family, I would be lost.

Still, I don’t think of myself as an old lady. I have my own home, I do my own things. I’m still kicking. —Theresa Hlavach, Toronto





S H E D I D N O T H I N G W R O N G . S H E W A S

A R R E S T E D A N Y W A Y

In 2020, Breeanna Bascombe was detained
on a murder-related charge. She was released,
but her life will never be the same



WRITTEN BY
Eternity Martis

PRODUCED BY
Aimee Nishitoba

PHOTOGRAPHY BY
Christie Vuong

BREEANNA BASCOMBE HAD BEEN UP ALL NIGHT.

Tiana*, her six-month-old daughter with big brown eyes and a light-brown complexion—a spitting image of Breeanna’s ex-boyfriend Dayne Sitladeen—wouldn’t stop crying. She tried everything. It was one of those nights when the last thread of patience snaps and so does a sleep-deprived parent: Breeanna yelled at Tiana.

It didn’t work, of course. It just made Breeanna feel worse. She continued rocking and shushing Tiana until the baby eventually gave in to sleep.

The past few months hadn’t been easy on Breeanna. Ten months prior, in May 2019, Sitladeen, a Toronto rapper known as Yung Lava, disappeared when he became wanted for the first-degree murder of 26-year-old Blain Grindley. Two of the men also wanted for the murder had surrendered, but Sitladeen left Breeanna without any clue about where he was headed or what he had done. At the time, Breeanna was pregnant with Tiana, the couple’s second child.

She wasn’t upset that Sitladeen was gone. They had broken up months earlier because of Sitladeen’s lying and cheating and run-ins with the law. They met in 2014, when Breeanna, then 21 years old, was working at Conair, a hair-product manufacturer, to support her dream of being an actress. She saw a light shining over him, as if God had selected him for her. She was head over heels. But that feeling was long gone. Now, when Breeanna saw his face on the evening news as she nursed her newborn and tried to move on with her life, she was, frankly, over it.

There was much to be distracted by anyway. A week prior, Breeanna had celebrated her 27th birthday. Two days later, the World Health Organization declared COVID-19 a pandemic. Two days after that, on March 13, Breonna Taylor, a 26-year-old Black woman from Louisiana, was fatally shot when plainclothes police officers forced entry into her home looking for her ex-boyfriend, who had been using her address to mail drugs—another tragedy in the ongoing crisis of racially motivated police brutality.

On March 17, at about 1 p.m., a groggy Breeanna was breastfeeding Tiana in the bedroom she shared with her two daughters at her parents' house in Brampton, Ont., when the ring of the doorbell pierced the early afternoon air. "Maybe it's a package," she thought. Wearing shorts, a white top and no bra, Breeanna took her kids downstairs, where plainclothes Toronto police officers were in the living room.

"Put some clothes on," the male officer said. When she returned to the living room fully dressed, more police, nearly all women, had spilled into every nook of the house, looking apologetic.

"We're here to arrest you," another officer said. "You're being charged with accessory after the fact to murder."

Breeanna started sobbing. *Murder?* She knew nothing about what Sitladeen had done—she hadn't been in contact with him for nearly a year. Then another thought filled her with dread: What would happen to Tiana?

Breeanna asked officers if she could bring Tiana to the police station so she could breastfeed her. Tiana wasn't on formula, and Breeanna didn't pump. As officers arrested Breeanna in front of her daughters and family, Tiana stared at her with those big eyes. "This little girl is going to be looking for food in about an hour, and I'm not going to be there to feed her," she thought.

Breeanna thought back to the night before, when she had become frustrated with her baby. "I kind of felt like it was karma for me because of the way I yelled at Tiana."

But now she was in handcuffs, ripped away from her children, her family. She'd never worried that she'd be arrested for something Sitladeen did. The love of her life had turned into her worst nightmare. "He had an opportunity to tell me the truth and to tell me what

was going to happen," she says. "He left me for dead. He literally left me for dead."

At the station, Breeanna, with her breasts engorged, sat in front of homicide detective Steve Henkel of the Toronto Police Service and, exhausted, explained that she had not been in contact with Sitladeen since he'd left 10 months ago.

The last time they had seen each other was just after Mother's Day in 2019. They had been estranged for two months; Breeanna had packed her things and moved out of their shared apartment and into her parents' home. She had also just found out she was pregnant again. Sitladeen had wanted to see her and Sahara*, their eldest daughter. When she saw him, she knew something was wrong. She tried asking for answers, but he was evasive.

A few days later, while watching the news at her parents' house, Sitladeen's face, along with those of two other men, appeared on the screen: There was a Canada-wide arrest warrant for them for the murder of Grindley, who was killed on May 1, 2019.

Sitladeen had had a few run-ins with the law, but Breeanna had never expected something like this. "Of all the men in Toronto, why does this have to be my child's father?" she thought.

The next day, Breeanna went to a Toronto courthouse and, fearing retaliation for what Sitladeen had allegedly done, asked for protection for herself and her daughter. She even removed her name as Sitladeen's surety. With no way to contact Sitladeen, she begged his friends to tell him, if they knew where he was, to turn himself in. The only thing she was guilty of was falling in love with him and who he was at his core—a funny, magnetic person with the kind of qualities she'd envisioned in a husband. "I'm not a street girl. I'm not from the hood," she says. "I'm not the type to hold my guy's gun in my bag. I will hold you down. But to be riding with you in the streets? I'm definitely not that girl."

She told Henkel all this. But something about what Henkel had done didn't sit right with her. "I told him, 'You know that I just had my daughter and that I'm breastfeeding her. You didn't have to arrest me like this.' And he said, 'Well, I could've arrested you while you were pregnant with her.'" (Henkel

"They could have come to my house and pulled the trigger and killed me. What if it had gone a completely different way?"



has since retired. The Toronto Police Service and Henkel have refused to comment for this story because Sitladeen's case is still open.) "The fact that he came into my house and took me away from my daughter so she can starve? That's disgusting."

Tiana did starve that night: Breeanna's parents couldn't get her to drink formula. While a senior-level officer eventually agreed to let Tiana be brought in so Breeanna could breastfeed her, Breeanna's mother was able to rock the baby to sleep at home. Breeanna never saw Tiana that night. "My daughter was hysterical," she says. "She was bawling."

It wasn't the first time Breeanna had been arrested for something Sitladeen had done. In June 2017, one year after they had started dating and six months after Sitladeen began living with Breeanna in her parents' basement having just been released from jail, police raided the house. It came after an anonymous tip that Sitladeen was going to harm the person who'd killed his brother a month earlier.

Police found a gun hidden in the basement. They arrested Sitladeen, and Breeanna was also charged with gun-related offences. She was sent to Vanier Centre for Women, a medium and maximum correctional facility for female offenders in Milton, Ont., where she stayed for 11 days—one of the worst experiences of her life. Right after her release, Breeanna learned she was pregnant.

"My whole life, I'd never had an interaction with the police," says Breeanna. "I hadn't even been suspended from school." Her charges were eventually dropped, though Sitladeen remained in jail. But Breeanna's family was traumatized by the raid. Years later, it would prevent Breeanna's younger brother—who was forced onto the ground during the operation—from fulfilling his dream of becoming a police officer. Breeanna gave birth to Sahara the following February, and five months later, Sitladeen was released from prison. She forgave him, and they moved into their own apartment to become a family. Now, two years later, she was arrested again, but under unimaginable circumstances.

Sitting in the investigation room, she thought about Breonna Taylor. "I compare my situation to hers," she says. "They could have come to my house and pulled the trigger and killed me. What if it had gone a completely different way?"

The charges could remain on her criminal record indefinitely and can show up on background checks, affecting her ability to rent a home, get a job, volunteer at her children's school and even adopt a dog.



Ten months later, Breeanna's charges were stayed. The stay meant her charge was on hold with a one-year time limit for the Crown to revive the case. They chose not to. But life hasn't gone back to normal for Breeanna. She struggles with PTSD and nightmares. She's afraid of being separated from her children again. When she searches her name on Google, stories about the case still populate the first page. Though she was never convicted of a crime, Breeanna now has a non-conviction record, which includes charges police lay that are later withdrawn, dismissed or stayed. The charges could remain on her criminal record indefinitely and can show up on background checks, affecting her ability to rent a home, get a job, be accepted into a post-secondary-education program, volunteer at her children's school, travel and even adopt a dog.

But this isn't an isolated story: Breeanna's case reflects the thousands of Canadians who are charged with crimes they didn't commit or whose actions didn't warrant a criminal charge, leaving them with a life-altering non-conviction.

According to Statistics Canada, more than 45 percent of charges in the country between 2020 and 2021 were stayed or withdrawn. In Alberta and Ontario, more than half of all charges laid are dropped or stayed. In most provinces, police have complete discretion to charge people as long as they have reasonable grounds to believe they committed a crime. But numerous studies show that racial bias causes Black and Indigenous people to be overcharged with lower-quality and "out-of-sight" charges, like driving without a licence, and they're more likely to have those charges dropped than white people.

While men are more likely to have non-convictions, women, especially those who are racialized, face their own challenges. A 2020 report by criminologists Scot Wortley and Maria Jung found that the non-conviction rate for Black women in Toronto is 2.2 times higher than the rate for white women and 5.5 times higher than the rate for other racial groups of women.

Data on Canada-wide non-convictions is sparse, but wrongful-conviction data helps illustrate the path of injustice. The Canadian Registry of Wrongful Convictions—launched in February 2023 and co-created by Kent Roach, a law professor at the University of Toronto, and Métis lawyer Amanda

Carling—found that women made up 40 per cent of false guilty pleas. Lack of familiarity with the legal system, ineffective counsel and police bias also play a role. Several studies show that women are more likely to be wrongfully convicted in cases of child abuse and drug violations and are also more likely to be convicted of “imagined crimes,” or crimes that never occurred or are accidental. In the majority of women’s wrongful convictions in North America, charges were the result of unethical policing and prosecutorial misconduct. Black and Indigenous women are even more likely to be wrongfully convicted.

And wrongful charges *can* turn into wrongful convictions. It’s a terrifying path that Breeanna could’ve gone down without the right lawyers, a good support system and even a bit of divine timing. And for that, despite it all, Breeanna considers herself lucky.

The morning after she was arrested and held in custody that March, Breeanna went before a judge at a west-end Toronto courthouse, sobbing and ready to go home. Her shirt was stained with milk—she had not been able to see or feed her daughter since she’d been arrested the night before. But instead of releasing her, the judge sympathetically told her she was going straight to the Vanier Centre for Women, where she would await trial. She did not have the option of bail.

A woman sitting in the courtroom approached Breeanna. The woman, Lisa Jørgensen, was a lawyer at Ruby Shiller Enenajor DiGiuseppe. She recognized Breeanna’s name from the news. Jørgensen was horrified that Breeanna had been charged with accessory to murder with no evidence and was being sent to a correctional facility instead of being released.

Luckily, Jørgensen was able to pull some strings and get Breeanna released on bail—and she offered to represent her.

“This woman came out of nowhere,” says Breeanna. “God really sent her as my guardian angel.”

Jørgensen eventually took on another position, and Breeanna was subsequently represented by Jørgensen’s colleague, Annamaria Enenajor. “What drew me to this case was really that we are both racialized women,” says



Breeanna with her daughters Tiana, left, and Sahara.

Enenajor. “And we were going through the same thing at the same time. She had just given birth and was breastfeeding when she was arrested. And I had just given birth and was breastfeeding when I learned of her case.”

As a new mother, Enenajor was appalled by Breeanna’s treatment throughout the investigation, particularly the decision to hold her in custody overnight and deny her bail during the early weeks of the pandemic—and especially when she was not a risk to the public. Enenajor says this is a common theme when women are placed in custody. “It’s not only a punishment of them, it’s often a punishment of their children as well, which is something that we often don’t take into consideration when we are assessing the impact that putting women in custody has.”

Women are more likely to be wrongfully convicted in cases of child abuse and drug violations and are also more likely to be convicted of “imagined crimes,” or crimes that never occurred.



Breeanna feels that because she is a Black woman, a single mother and the ex-partner of a Black rapper, she was unfairly criminalized. Enenajor has witnessed this before. “It’s not surprising to me at all that when there is somebody who is accused of homicide and there is a woman who’s had a child with him and had a relationship with him in the past—particularly when she is a woman of colour—the police will go after her and use her as a pawn to make attempts to either facilitate her [partner’s] surrender, obtain additional evidence against them or coerce the woman into co-operating,” she says. “[For Breeanna], it was basically guilt by association because she was within his sphere.”

It was -1 degree in Minnesota on January 20, 2021, when Sitladeen and Muzamil Aden Addow, also wanted in Ontario for the kidnapping of a wealthy Chinese student, were apprehended by a state trooper who’d pulled them over for speeding. The officer found 67 guns with magazines and ammunition in the car. Sitladeen pleaded guilty to aiding and abetting unlawful possession of firearms. In March 2022, he was extradited to Canada.

Once Sitladeen was arrested, Breeanna received her prosecutorial stay. Prosecutorial stays can happen when there is no evidence that could lead to a conviction or when there’s still an ongoing police investigation. Stays never determine innocence or guilt.

Enenajor thinks Breeanna’s charges were stayed instead of withdrawn to force her to be a witness at Sitladeen’s and the other two men’s trials. For months prior to Sitladeen’s capture, Enenajor tried to obtain the disclosure—the evidence that outlines the case against an accused—for Breeanna’s case from police and the Crown, but due in part to COVID-19-related delays, she never received it or any more evidence linking Breeanna to the charge.

Roach, of the Canadian Registry of Wrongful Convictions, says police can charge someone with accessory after the fact in the hope that that person will help their case. “Sometimes the police will charge people hoping that they will flip or snitch. And in some ways, the Criminal Code allows that,” says Roach. “Those charges, in some cases, may go away if that person decides to be a witness for the prosecution.”

“The police should not be able to use women to gain a tactical advantage over their relatives. It’s downright abusive.”



Breeanna was subpoenaed to testify at the April 2021 trial of the two men who were charged alongside Sitladeen with first-degree murder. (One of the men was charged with manslaughter and the other had his charges withdrawn.) In court, Breeanna told the Crown and Toronto police about the hardship they’d caused her. She says she received a verbal apology from the prosecutors, who acknowledged what she had been put through. While she accepted the apology, it didn’t come from who she expected. “They did not have to arrest me and put my name all over social media and the news. But [Det. Henkel] did that so [Sitladeen] would see it,” she says. “He wanted [Sitladeen] to look at the TV and say, ‘Oh, my gosh, they have my child’s mother, I need to do something.’ And it didn’t work.”

Roach says that while an apology from the Crown is significant, it doesn’t take away from the consequences of a stayed charge, especially for people of colour, who face stereotypes about inherent criminality. “One of my concerns of a stay is it may have some residual stigma on a person,” he says. “And it becomes this kind of lingering suspicion that can never be legally or socially discharged.”

In most Canadian provinces, laying charges is at the sole discretion of the police, who do not have to consult with the Crown beforehand. “Police often approach things with a focus on suspicion and evidence that is consistent with a hypothesis of guilt as opposed to evidence that is inconsistent,” says Roach. It’s why charges like accessory after the fact are often struck down in court: They require a high level of proof of criminal intent, he says. Roach believes that more provinces should adopt the model that British Columbia and, more recently, Alberta follow, which requires prosecutors to screen criminal charges before police lay them. This would save money, resources and court time and reduce non-convictions.

Sitladeen’s trial is scheduled for September 11, 2023. Breeanna is worried that the Crown will try to subpoena her again.

When reached for this story, Toronto Police refused to comment because Breeanna’s charges were not withdrawn but stayed. They cited Sitladeen’s open case as the reason they won’t comment. “These challenges you mention by Bascombe will play out in court as the case is still ongoing,” a communications officer said via email.

But it's Sitladeen's case that's ongoing, not Breeanna's. It's a "troubling" comment, says Enenajor, because while the one-year limit for the Crown to prosecute Breeanna has passed, she could be charged again if new evidence emerges. "If the police sought to charge Breeanna for the same offence again in order to compel her continued co-operation in the prosecution of her former partner, that would certainly be challenged as an abuse of process contrary to her rights under the Charter," says Enenajor. "The police should not be able to use women to gain a tactical advantage over their relatives. It's downright abusive."

When I speak to Breeanna for this story—nearly three years since she was arrested—she's enjoying her freedom and getting ready to celebrate her 30th birthday.

The day before, Sitladeen called to check up on their daughters and thank her for being a great mother. He also apologized for everything he'd put her through. "I've heard this a million times," she says.

Now, Breeanna is focused on herself and her kids. She took her daughters to Disneyland. She's achieving her dream of being an actor. She also wants to write a book about her life—and hopefully star in a movie about it. Over the past few years, she's begun learning more about spirituality. She's been taking salt baths, manifesting, practising self-love affirmations and praying.

These days, Breeanna keeps a small circle—she lost many friends when she was arrested. She also struggles to date. "I was pregnant alone. I gave birth alone," she says. "I've been through so much by myself that a man really can't do anything for me because I've done so much for myself."

Some days are good, but there are many bad ones. The nightmares leave her drenched in sweat. Sometimes she's overcome by emotion, and she starts sobbing in the middle of a task or she dissociates. She can't even pass a police officer on the street without shaking. "I'm traumatized by the situation," she says. "I fear that the police can come any time and just arrest me for something I didn't do." She's terrified of being separated from her children again.

"My friends say, 'Breeanna, you're so strong, that's why I don't have to worry about you.' But that's just what I show them," she says. "Behind closed doors, I'm very weak. I'm emotional, depressed and lonely."

She mourns the person she was before she met Sitladeen—a girl who, despite her family's several evictions and relocations, graduated on time. A teen who worked endless jobs to help pay for the photo shoots an emerging actress needs to make it big in Hollywood. A young woman who dreamed of a life of glitz and glamour—of worldwide recognition and, eventually, children, a husband and a big house in the U.S. Someone who was sociable, trusting and excited about her future.

In February 2022, after the Crown's one-year limitation on her stay expired, Breeanna successfully applied to have her record, along with her fingerprints and photos, destroyed. But it hasn't been enough: Breeanna still can't find full-time work. "I had over 10 years of customer service before I was arrested," she says. "Now no one is looking twice at me because the first thing they see when they look up my name is a murder charge." Breeanna survives on child benefits and temporary jobs—when people don't Google her. In December 2022, she had to apply for social assistance to help her pay rent.

Breeanna has also tried to get her story taken down from news sites, but it's been difficult. As an aspiring actress, she finds it

"This all has to mean something. I've been through all of this and overcome it for a reason. I have these two daughters looking at me. And I know God has my back."





disheartening. “It’s bittersweet because I’m slowly building a résumé for myself where if you Google my name, you’ll see my acting credits but also that I was arrested for this,” she says. “It just really sucks.”

She tries to keep away from social media and the victim-blaming posts. She wants people to know she’s a good person and mother. “I tried my whole life to not get the bad guys’ attention. I just saw something in Dayne that I thought was different.”

Throughout our long chat, Breeanna often blames herself for what Sitladeen did: If she had been home all the time, he wouldn’t have gotten into trouble. If she hadn’t yelled at Tiana that night, her baby wouldn’t have gone hungry. If she hadn’t been so blinded by love, she wouldn’t be in this situation.

So, I ask her, has she forgiven herself?

It’s a question she’s never considered and doesn’t know if she’s even ready to. “I allowed so much hurt from people who came in and destroyed my name, and I’m trying to forgive myself for that,” she says. “It’s so hard to forgive myself and move on when so much is still holding me back.”

Breeanna is still trying to make sense of the trials she’s had to endure in her young life and the reasons she and Sitladeen crossed paths. “This all has to mean something,” she says. “I’ve been through all of this and overcome it for a reason. I have these two daughters looking at me. And I know God has my back.”

For the past several years, every year has been a bad one for Breeanna. This year, her milestone birthday will usher her into a new decade and a new chapter, and she’s hoping for a different story. She doesn’t have big plans for her 30th—maybe dinner with some friends, maybe nothing. But she at least knows that her daughters are here with her to celebrate, and she’s here too. And that’s more than enough for her.

“I really hope this is a good year.” She knocks twice on her computer desk. “I just want a good year.” 

THE SPREAD

30 DELICIOUS, DOABLE RECIPES

INTRODUCTION BY

Aman Dosanj

RECIPES BY

Janice Tiefenbach,

Stephanie Mercier

Voyer, Ryan Gray AND

Marley Sniatowsky



This beloved Montreal pizza restaurant's first cookbook has every recipe you need for an endless-summer pizza party—backyard or balcony

DANY PIZZA

P 62



TOMATO
TONNATO
P 63

If you've experienced Elena, the "coffee, pizza, wine" joint in Montreal's St-Henri neighbourhood, chances are you already know it's a different kind of eatery. "We think restaurants should be fun—a place where people go to celebrate, feel happy and make connections," says Ryan Gray, co-owner and sommelier at Elena. Besides offering über-delicious naturally leavened wood-fired pizzas made with freshly milled Quebec wheat, deceptively simple pasta prepared daily and a banging natural-wine list, the modern Italian hot spot, led by Gray, Janice Tiefenbach and Marley Sniatowsky, strives to nurture a healthier, more compassionate working environment with subsidized health care, shorter work weeks than most restaurants and even paid overtime.

That's what makes *Salad Pizza Wine*, the debut cookbook from the Elena team, so refreshing. The book is a heartwarming—and, at times, goofy—story of community building among a group of friends dreaming of a brighter future for the often troubled food-service industry. “*Salad Pizza Wine* really represents the last five years. It’s fun and it’s silly, but at the end of the day, it’s fundamentally based on good things, just like the restaurant,” says Gray.

“There wasn’t a stranger involved in the process of [creating] this book,” explains writer Stephanie Mercier Voyer, who was part of Elena’s opening team in 2018. “I feel very lucky that this is my first cookbook, because I got to work on it with all my closest friends.” There are 115 playful recipes to mix and match into menus, from the restaurant’s long-standing classics, such as Kale! Caesar! and the Diavolo 2.0 pizza with pepperoncini, to a gargantuan Timpano pasta dome. “We would get on Zoom during the peak of COVID and tell stories about each recipe,” says Mercier Voyer. “It was essentially hours-long sessions with us laughing and saying the stupidest things, then reminiscing on years of friendship and the restaurant.”

Here, we’ve pulled together the perfect backyard pizza-party menu with recipes excerpted from the recently released cookbook.



Salad Pizza Wine is out now.



Yeast Neapolitan Pizza Dough

PREP 2 HRS, PLUS 24 HRS

CHILLING TIME

MAKES 4 BALLS

- 1½ cups water
- 4 cups all-purpose flour (600 g)
- 3 tbsp + 1 tsp whole-wheat flour (30 g)
- 1 tbsp fine sea salt (15 g)
- 1⅛ tsp instant dry yeast (4 g)

Extra virgin olive oil

Semolina rimacinata or all-purpose flour, to dust your work surface

1. In the bowl of a stand mixer fitted with a hook attachment, add water, then flours. Mix on low until fully combined, about 4 min at the lowest speed. Turn the mixer off and let the dough rest in the bowl for 20 min.
2. Add salt and yeast and continue to mix at the same speed until dough is supple and homogeneous, about 9 to 12 min.
3. Lightly oil the inside of a large airtight container. Transfer the dough to the container and, beginning with the edge farthest away from you, grab the dough from underneath and fold it up and toward you. (This motion should be done confidently to stretch the dough without tearing it.) Then rotate the container 90 degrees and repeat the process until the dough has been folded on itself a total of four times. Cover the dough and rest it at room temperature for 30 min. Repeat the folding process two more times, resting the dough for 30 min at the end



KALE! CAESAR!
P 64

MARGHERITA PIZZA

P 62



of each folding session.

4. Transfer the dough to a lightly floured surface and, using a dough scraper, divide it into four even pieces and shape into balls.

5. Lightly oil and flour four containers, one for each dough ball.

6. Working with one ball at a time, fold each corner toward the centre of the ball. Place the dough seam side down on the table and, applying moderate pressure, gently press your hand on the dough and move it in a circular motion until you have a smooth ball with no tears or large air bubbles.

7. Place each shaped ball, seam side down, in a container. Cover or seal and chill in the fridge for 24 hrs.

8. When you're ready to make your pizza, remove the dough from the fridge and let sit for 20 min.

9. Place a rack in lower third of oven and remove the rack above it. Slide the pizza stone onto the rack and preheat oven to 500F. Let the stone preheat for at least 1 hr before baking pizza. (If you don't have a pizza stone, you can bake

the pizza directly on an inverted baking sheet without preheating it.)

10. Flip the dough ball out of its container onto a small mound of flour. Be mindful of how you handle the dough—you want to preserve its round shape and avoid creating holes as you move it. It is also important to keep the top and the bottom facing the same way throughout. Make sure both the top and the bottom are well floured before you begin stretching out the dough.

11. Using your fingertips, begin by pressing a rough round shape in the centre of the dough ball, allowing for a 1½-in. edge, which will become your crust. (You want to keep the air in the crust, so avoid pressing the dough around the edges throughout the process.)

12. Once you have established the inner ring, gently press down the dough inside it, gradually stretching it out in a circular motion. Add more flour underneath the dough if needed. If your dough still needs more stretching, carefully slide your hands underneath it to

open it up some more. With practice, you can learn how to move your hands in a circular motion to stretch your dough. Continue until you have stretched your dough to about 10 in.

13. Flour your pizza peel, then shake it gently to remove any excess flour. There should be enough flour on the peel so that your pizza can move around freely without sticking, but not so much that it bakes into the bottom of the crust, making it mealy and floury.

14. Using your hands, gently transfer the stretched dough onto the pizza peel, making sure it retains its round shape. Your dough is now ready for toppings!



Margherita Pizza

PREP 5 MIN; TOTAL 15 MIN

MAKES 1 10-IN. PIZZA *We all know that the margherita is the benchmark when it comes to pizza. What you may not know about us is that when we first opened the restaurant, we were so clueless about what we were doing (and clearly overwhelmed) that when our friend Kyle ordered a margherita, we brought him a margarita cocktail instead. It wasn't even on the menu. It's embarrassing to admit that, but, thankfully, we've*

gotten a lot better at taking orders and making pizza since that first night. This is a great margherita.

- 1 ball Yeasted Neapolitan Pizza Dough** (see recipe on p. 60)
- ¼ cup canned crushed tomatoes**
- 1 ball (about ½ cup) buffalo mozzarella**
- 1 tbsp extra virgin olive oil + more to finish**
- 6 to 8 leaves fresh basil**

- 1.** At this stage, your dough should be on your pizza peel and your oven should be preheated as outlined in the Yeasted Neapolitan Pizza Dough recipe. Dollop crushed tomatoes in the centre of dough, and, with the back of a spoon, gently spread the sauce in a circular outward motion, leaving 1½ in. of uncovered dough around the edges for the crust. Be careful not to apply too much pressure so you don't damage the dough.
- 2.** Break up mozzarella with your hands and disperse it evenly over sauce. Drizzle pizza with 1 tbsp olive oil.
- 3.** Take the peel and insert it into the oven at a slight angle until you reach the back of the pizza stone. Give the peel a little shake to allow the pizza to start sliding off it—it should look like you are draping the

pizza from the back of the stone to the front. Bake the pizza for 8 to 10 min, until centre has set and crust has formed nice golden blistered bubbles. Note that every home oven heats a little differently. You may want to experiment with switching to a broil setting for the last couple minutes of cooking to mimic the doming effect of a wood-fire oven and achieve a leopard-like charred pattern. (If you don't have a pizza stone, bake your pizza directly on an inverted baking sheet for the first 8 min, then finish cooking it directly on the rack until the dough is nice and crisp.)

4. Use peel to remove pizza from oven (or use tongs to grab the edge of the pizza) and transfer it to a cooling rack. Let rest for 1 min.

5. Drizzle pizza with olive oil, transfer to a cutting board or pizza pan, cut into slices and top with a few basil leaves.



Dany Pizza

PREP 5 MIN; TOTAL 15 MIN

MAKES 1 10-IN. PIZZA *If you grew up or partied in Montreal any time between 1998 and 2014, there's a good chance you ended up eating a slice at Pizza Dany on de la Montagne. Being able to make our version of Dany's famous spinach pizza is our way to still indulge and*

reminisce about those years now that our partying days are behind us.

- 1 ball Yeasted Neapolitan Pizza Dough** (see recipe on p. 60)
- 1 clove garlic, finely minced**
- 2 tbsp extra virgin olive oil**
- 1 large handful big-leaf spinach** (about 1 cup packed)
- Kosher salt**
- Freshly ground black pepper**
- 1 ball (about ½ cup) buffalo mozzarella**
- ⅓ cup grated low-moisture mozzarella**
- 1 tsp sesame seeds**
- 1 tsp Spicy Honey** (see recipe on next page)

- 1.** At this stage, your dough should be on your pizza peel and your oven should be preheated as outlined in the Yeasted Neapolitan Pizza Dough recipe.
- 2.** In a medium bowl, whisk together minced garlic and olive oil. Add spinach, salt and pepper and toss until spinach leaves are well coated in garlic oil. Set aside.
- 3.** Break buffalo mozzarella into small pieces with your fingers and disperse it evenly over pizza, leaving 1½ in. uncovered dough around the edges for the



A BACKYARD PIZZA-PARTY GEAR GUIDE



PC Propane Powered Pizza Oven

This portable oven is great for tiny patios and balconies—and still packs the heat you need to achieve a charred crust. \$249, realcanadiansuperstore.ca.



Bakerstone Pizza Oven Kit

This innovative pizza oven box can turn almost any standard three-burner gas grill into a brick-style pizza oven. \$158, homedepot.ca.

crust. Add grated mozzarella in a similar fashion. Evenly layer dressed spinach over cheese, and sprinkle pie with sesame seeds.

4. Take the peel and insert it into the oven at a slight angle until you reach the back of the pizza stone.

Give the peel a little shake to allow the pizza to start sliding off it—it should look like you are draping the pizza from the back of the stone to the front. Bake the pizza for 8 to 10 min, until centre has set and crust has formed nice golden and blistered bubbles.

Note that every oven heats a little differently. You may want to experiment with switching to a broil setting for the last couple minutes of cooking to achieve a leopard-like charred pattern. (If you don't have a pizza stone, bake your pizza directly on an inverted baking sheet for the first 8 min, then finish cooking it directly on the rack until the dough is nice and crisp.)

5. Use peel to remove pizza from oven (or use tongs to grab the edge of the pizza) and transfer it to a cooling rack. Let rest for 1 min.

6. Drizzle the cut pizza with Spicy Honey, close your eyes and imagine it's 4 a.m. Enjoy!

Spicy Honey

PREP 5 MIN; TOTAL 5 MIN

MAKES 1 CUP

2 tsp ground Espelette pepper or chili of your choice

½ tsp flaky sea salt

1 cup good-quality unpasteurized honey

1 250-mL jar with lid

1. In a small pot over medium-high, bring to boil enough water to cover a 250-mL jar.

2. In a small bowl, whisk together pepper, salt and 1½ tbsp water.

3. In another small pot, combine honey and pepper water. Cook over low until honey is warm and fluid, about 1 to 2 min.

4. Pour the warm honey directly into jar and seal tightly. Take the boiling water off the heat and gently submerge the sealed mason jar into the water. Allow it to steep until the water has cooled down completely. The honey will keep in this jar at room temperature for several months.



Tomato Tonnato

PREP 10 MIN; TOTAL 20 MIN

SERVES 4 *When we decided to write this book, our first thought was, "You know what the world needs right now? Another take on vitello tonnato!" Just kidding—nobody needs another version of this classic Piedmontese dish. But because tomato*

season is so special and because Ryan's and Steph's moms really love this version, in which savory beefsteak tomatoes play the part of thinly sliced veal, we just had to include it.

Fried Capers

½ cup capers, rinsed and drained

¾ cup vegetable oil

Tomato Tonnato Salad

4 large heirloom tomatoes, thinly sliced
Juice of 1 lemon

5 tbsp extra virgin olive oil

Flaky sea salt

Freshly ground black pepper

½ cup Seasoned Breadcrumbs (see recipe on this page)

2 tbsp finely chopped fresh chives

1 cup Tonnato (see recipe on p. 64)

Fresh dill flowers or sprigs, for garnish

1. Capers: Pat dry the capers. In a frying pan, heat vegetable oil over medium-high. Check to see if the oil is hot enough by adding a single caper—if it sizzles, you're ready to go.

2. Add capers to the pan and fry until they crisp up and start to look like crystals, about 5 min. You'll notice

they change colour and open as they cook. Reduce the heat as necessary to avoid burning. Transfer capers to a paper towel-lined baking sheet to absorb excess oil.

3. Salad: Spread tomatoes evenly on a large plate. Add lemon juice, olive oil, salt and pepper. Top with seasoned breadcrumbs, chives and fried capers. Add a few dollops of tonnato and finish with dill flowers or sprigs.

Seasoned Breadcrumbs

PREP 5 MIN; TOTAL 1 HR 5 MIN
PLUS COOLING TIME

MAKES 2 CUPS

½ loaf sourdough bread

½ cup grated parmesan

½ tbsp garlic powder

¾ tsp mustard powder

¾ tsp kosher salt

¼ tsp freshly ground black pepper

1. Preheat oven to 250F. Trim off any thick part of the crust and cut the bread into 1-in. cubes. Spread the cubes on a baking sheet in a single layer and bake until completely dry but not browned, about 1 hr.

2. Cool fully, then place in a food processor and pulse into crumbs. You want the crumbs to be roughly the same size—small but not powdery.



Lodge Bakeware Pizza Pan

Pizza stones can crack, and steel doesn't cook as evenly. Cast iron has the benefits of both—and can last for years if taken care of well. \$80, [amazon.ca](https://www.amazon.ca).



American Metalcraft 10" Peel

It's a single-use kitchen tool, yes, but there aren't any great dupes for a pizza peel if you're planning on keeping your fingers unsinged. \$34, [amazon.ca](https://www.amazon.ca).



Victorinox Classic Kitchen Shears

Pizza cutters are great for bready doughs, but scissors are ideal for thin-crust pizzas and larger pies: You'll never have to cut through twice. \$32, [amazon.ca](https://www.amazon.ca).

3. In a medium bowl, toss to combine pulsed bread-crumbs, parmesan, garlic powder, mustard powder, salt and pepper. Store in an airtight container at room temperature for up to 3 days.

Tonnato

PREP 5 MIN; TOTAL 5 MIN

MAKES 2 CUPS

- 10 oil-packed anchovy fillets, drained
- 1 clove garlic
- 2 tbsp Dijon mustard
- 2 tbsp fresh lemon juice
- 5 large egg yolks
- 5 tbsp extra virgin olive oil, divided
- 1 tbsp white wine, divided
- 2 160-g cans oil-packed tuna, drained
- 3 tsp capers, rinsed and drained
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

1. In a blender, combine anchovies, garlic, mustard,

lemon juice, egg yolks, half of the olive oil and half of the white wine. Pulse until smooth. Add tuna, capers, salt, pepper and remaining olive oil and white wine.

Blend until smooth. Taste and adjust the seasoning with more lemon juice, salt and pepper. Tonnato will keep in the fridge for up to 1 week.

Kitchen tip Use leftover tonnato as a dip for vegetables or spread it on warm bread.



Kale! Caesar!

PREP 50 MIN; TOTAL 1 HR

SERVES 4 TO 6 *This is the salad equivalent of getting catfished. All the ingredients come together to trick your brain into thinking you're eating a delicious Caesar salad, but there's no mayonnaise and no anchovies anywhere in the recipe. The only thing it has in common with a Caesar are the croutons and the cheese (which we really couldn't live without). Hail, Caesar!*

Tahini Caesar Dressing

MAKES 2 CUPS

- 12 cloves garlic, divided
- 3 tbsp + ½ cup extra virgin olive oil, divided
- ½ cup tahini
- 2 tbsp cold water
- ½ cup red wine vinegar
- ¾ tsp Dijon mustard
- ¾ tsp kosher salt
- ⅔ cup canola oil
- Freshly ground black pepper

Salad

- 3 cups Garlic Croutons (see recipe below)
- 1 bunch Tuscan kale, stems removed
- 1 head radicchio, shredded
- 2 cups baby kale
- Juice of 1 lemon
- Extra virgin olive oil
- Flaky sea salt
- Freshly ground black pepper
- ¾ cup finely grated parmesan

1. Dressing: Preheat oven to 350F. Create a pouch using foil and nestle 10 garlic cloves and 3 tbsp olive oil inside. Seal up the foil to prevent any oil or steam from escaping. Place the garlic pouch on a baking sheet and roast in the oven until garlic turns squishy, about 40 min. Remove garlic from the oven but leave the oven on. Open the pouch to let garlic cool down.

2. In a small bowl, whisk together tahini and cold water until smooth. When garlic has cooled down a little, add it to a blender along with tahini mixture, the two remaining raw garlic cloves, vinegar, Dijon and salt. Pulse to combine. With the motor running, gradually add canola oil. (Adding it slowly will help emulsify the dressing.) Repeat the process with remaining ½ cup olive oil. Taste and adjust the seasoning with salt and pepper.

3. Spread croutons on a baking sheet and put in the oven to warm up while you make the salad.

4. Salad: In a large bowl, add Tuscan kale, radicchio and baby kale; mix with your hands. Add tahini dressing to your liking (you will probably end up with extra dressing), lemon juice, a generous glug of olive oil, a pinch of salt and a few twists of pepper. Toss to coat evenly.

5. Remove garlic croutons from the oven and add to the salad along with grated parmesan. Toss again and serve immediately.

Garlic Croutons

PREP 5 MIN; TOTAL 20 MIN

MAKES 3 CUPS

- ½ loaf country or sourdough bread
- ½ cup extra virgin olive oil

Our Favourite Canned Canadian Cocktails for Summer



Aloette's zesty, dry gin-and-lime **Southside Fizz** is more proof that the canned category has finally arrived. \$3 each, lcoo.com.



Fin Soda's zero-proof **Aperitivo** is just as complex as the full-strength version. \$55 for 12, finsoda.com.



Light pink and sparkly, the **Opus Peach Bellini** is fresh, bright and booze-free. \$17 for four, drinkopus.com.



Dillon's new **Strawberry Rhubarb Gin** pops with sweet flavour but remains refreshingly dry. \$3.25 each, dillons.ca.

- ½ tsp kosher salt
- 1 clove garlic

1. Preheat oven to 400F. Cut bread into 1-in.-thick slices. Place the slices on a baking sheet in a single layer and douse them with olive oil until both sides are fairly saturated. Sprinkle both sides with salt. Bake for 8 to 10 min, until bread is just starting to brown, turning each slice halfway through. Remove from the oven and let cool slightly.

2. Cut garlic clove in half and rub it on both sides of each slice of bread to impart a bit of flavour. Cut the slices into 1-in. cubes. Croutons can be made 1 day ahead of when you need them; store in an airtight container.



Concord Grape and Fennel Cake with Amaro Syrup

PREP 10 MIN; TOTAL 1 HR

MAKES 1 9-IN. CAKE *You can swap the fruits, the fats and the flour in this flexible recipe and still end up with an amazing cake every time. We dressed this one up in the style of a schiacciata con l'uva, a type of Tuscan flatbread made during harvest using wine grapes and fennel seeds.*

Cake

- ¾ cup all-purpose flour (90 g)
- ¼ cup cornmeal (35 g)
- 1 tsp baking powder
- Pinch kosher salt
- 2 large eggs
- ¾ cup sugar
- ½ cup extra virgin olive oil
- 2 tbsp yogurt or sour cream

- ½ tbsp amaro (we like Amaro Euganeo)
- 1 cup fresh or frozen Concord grapes
- 1 tbsp organic sugar

Amaro Syrup

- 1 cup organic cane sugar
- 1 cup water
- 1 tsp fennel seeds
- 2 tbsp amaro
- 1½ cups fresh or frozen Concord grapes

1. Preheat oven to 350F. Butter the bottom and sides of a 9-in. cake pan and dust with sugar. Set aside.

2. In a small bowl, whisk

flour, cornmeal, baking powder and salt until combined. Set aside.

3. In a medium bowl, whisk eggs, sugar and olive oil vigorously until light and creamy, about 30 sec. Add yogurt and amaro and whisk to combine.

4. Add flour mixture to wet ingredients and stir until no dry spots remain and the batter is just combined. (Be careful not to overmix.) Pour the batter into the prepared pan and smooth out the top using a spatula. Distribute grapes evenly around the surface of the cake and top with a light sprinkling of sugar.

5. Bake the cake until a toothpick inserted in the

centre comes out clean, about 30 to 35 min. Allow cake to cool before removing it from the pan.

6. Syrup: Meanwhile, in a medium pot, bring sugar and water to a boil. In a small pan over medium, toast fennel seeds until fragrant, 30 sec. Add fennel seeds to the boiling sugar water and turn off the heat. Add amaro and stir to combine. Place grapes in a large heatproof bowl, pour syrup overtop and let cool slightly. The syrup will keep for 1 month in the fridge.

7. Cut the cake into slices and serve warm—but not hot from the oven—with a drizzle of amaro syrup and the syrupy grapes.



CONCORD GRAPE
AND FENNEL CAKE
WITH AMARO SYRUP

ADVERTISEMENT



**Proudly
Canadian
and serving
families
since 1907.**



Sobeys Canada's Fresh Summer Destination



Proudly Canadian

We're not just proudly Canadian; we're proud to be a part of this country's rich history, ingrained in the fabric of communities from coast to coast. From humble beginnings in 1907 as a Stellarton, Nova Scotia-based meat-delivery service, we're now a national household name, with 1,500 stores across all 10 provinces and employing 150,000 people. At the heart of our huge network, we're family — and our big family across Canada is honoured to be a part of your family mealtimes.



Why shop Compliments staples

1. It's the perfect balance of quality and value.
2. There's always daring new flavours (you'll want our Caramelized Onion Spread on EVERYTHING).
3. From meats and condiments to snacks and drinks, Compliments can fuel your whole summer. (BBQs, pool parties and road trips, oh my!)

4. Try our Unicorn Twirl ice cream this summer, it has swirls of cotton candy and berry flavours.

5. Love it, or it's FREE!*

*For details see Compliments.ca.



Why the Produce Department is an essential stop

1. It's the MVP of mealtime when it's too hot to cook.
2. We love sourcing Canadian-grown in-season faves!
3. We offer the highest quality produce in every season!
4. Our delicious fruit and veggie skewers are great to grill!
5. Our freshly prepared salads are ready to shake and serve.



Why BBQs start in our Meat Department

1. We'll custom cut meats to the perfect size.
2. We've got skewers, stacked and ready to grill!
3. You can ask us to marinate your meat while you shop! Flavour, delivered.
4. Our Nagano pork is 100% Canadian, rich in flavour and remarkably tender.
5. Sterling Silver steaks are always cut from Canada AAA beef.



Why you'll love our Bake Shop

1. Our artisan breads have no artificial flavours or preservatives and are made with Canadian flour.
2. We bake with quality ingredients for that fresh-from-the-oven experience.
3. The butter tarts are made with 100% butter and plump raisins.
4. Just ask us about customizing your celebration cakes with custom colours and fillings.
5. Our croissants are made the traditional French way – with real butter.

Scan the QR code to enter to win a \$5000 gift card from Sobeys! PLUS, sign up today to get your first email exclusive offer and save \$5 on your next purchase of \$40*

*New subscribers only. Terms and conditions apply.



**ROASTED EGGPLANT AND
LENTIL MEATBALLS P 71**

KITCHEN TIP

You can roast the eggplant up to 3 days ahead. Simply cover and refrigerate until you're ready to use it.

RECIPES BY
Tara O'Brady

PRODUCED BY
Stephanie Han Kim

PHOTOGRAPHY BY
Christie Vuong

FOOD STYLING BY
Ashley Denton

PROP STYLING BY
Madeleine Johari

HAVE A BALL



Meatballs are a global love affair—who doesn't adore their umami appeal and radical flexibility in all sorts of dishes? These four very different takes offer a world of taste, but leave plenty of room for delicious customization



umble meatballs are heroes of the kitchen—favourites for everything from hors d'oeuvres to sandwiches to full-on dinners. These crowd-pleasers are easy and adaptable, requiring minimal effort for maximal payoff. They're choose-your-own-adventure cooking at its finest, limited only by your imagination.

Get on a roll by starting with a base that has some heft and will bind well. The possibilities are endless: Ground meat, lentils, grains, tofu and legumes are all delicious choices. Mix in high-impact flavours, such as aromatics, herbs, spice mixes, chili pastes, citrus zests, oils or vinegars, then cook your meatballs however you like. Want a crust? Deep-fry or sauté. In a tender mood? Steam, poach in broth or braise in gravy. Something in-between? Baking is the way to go.

Before you start, here's one pro tip: Meatballs are perfect for freezing, so always make a double batch. Future you will be eternally grateful.

SIMPLE SAUSAGE SKEWERS P 71





Roasted Eggplant and Lentil Meatballs

PREP 30 MIN

TOTAL 2 HRS 50 MIN

SERVES 4 *Unabashedly inspired by eggplant parmesan, these meatless meatballs—made with smoky roasted eggplant and protein-rich lentils—are also gluten-free. Try them for dinner over garlic bread or grilled sourdough and a salad of bitter greens.*

- 2 Italian eggplants
 - 2 tbsp olive oil
 - 1 onion, minced
 - ¼ tsp salt
 - 3 garlic cloves, minced
 - ¼ tsp red pepper flakes
 - 1½ cups cooked Puy, beluga or green lentils, divided
 - ¼ cup grated parmesan cheese
 - 5 or 6 green olives, pitted
 - ½ cup chopped flat-leaf parsley leaves and tender stems, divided
 - ¼ cup basil leaves, divided
 - ½ cup old-fashioned oats
 - 2½ cups warmed tomato sauce, divided
 - 125 g ball fresh mozzarella cheese, drained well and torn into pieces
- Prepared garlic bread, for serving

1. Position racks in top third and middle of oven and pre-heat to 400F. Line a baking sheet with parchment.
2. Place eggplants on prepared sheet; pierce all over with a skewer. Roast on middle rack, turning once, until tender and deflated, about 40 min.

Let stand until cool enough to handle. Peel and discard skin. Drain flesh in a sieve for 1 hr. Set sheet aside.

3. Meanwhile, heat a large frying pan over medium. Add oil, then onion and salt. Season with black pepper. Cook, stirring often, until tender, about 7 min. Add garlic and red pepper flakes. Cook for 3 more min. Add ¾ cup lentils. Cook, stirring often, until lentils are dry, about 8 min.

4. Combine parmesan with olives, ¼ cup parsley and half the basil in a food processor. Pulse to a fine meal. Add oats, eggplant flesh and cooked lentil mixture. Whirl until combined. (Visible flecks of oats are fine.) Scrape mixture into a large bowl. Stir in remaining ¾ cup lentils. With clean hands, roll into 12 meatballs. (If mixture is too crumbly, chill until firm.)

5. Arrange meatballs on baking sheet. Bake on middle rack until golden and crisp, 30 to 35 min.

6. Turn on broiler. Spread 1 cup tomato sauce in a baking dish just large enough to hold meatballs. Arrange meatballs snugly in dish and top with ½ cup tomato sauce. Sprinkle with mozzarella and with more grated parmesan and pepper to taste, if desired. Broil in top third of oven until top is bubbly and starting to brown, about 5 min.

7. Garnish with remaining ¼ cup parsley and remaining basil. Serve meatballs on garlic bread alongside remaining 1 cup tomato sauce for dipping.



Simple Sausage Skewers

PREP 15 MIN; TOTAL 35 MIN

SERVES 8 *This versatile recipe comes together in minutes. I like toasting my own spices, but you can sub in a store-bought mix, such as garam masala, shawarma seasoning or ras el hanout. Stuff the sizzling kebabs into pitas with roasted veg; serve alongside dal, naan and kachumber; tuck into lettuce wraps; or make mini versions for cocktail hour.*

- 1 tsp cumin seeds
- ¼ tsp fennel seeds
- 450 g hot or mild Italian sausage, casings removed
- 2 onions, diced
- 2 cups finely chopped cilantro leaves and tender stems (about 1 bunch)

1. Preheat barbecue to medium-high. Soak 8 wooden skewers in a dish of warm water for 20 min.
2. Meanwhile, toast cumin and fennel seeds in a small frying pan over medium, shaking often, until very fragrant, 2 to 3 min. Grind coarsely in a spice grinder or with a mortar and pestle. Set aside and let cool. Grind again until fine and powdery.
3. Combine sausage meat, onions and cilantro in a large bowl. Sprinkle ground spices on top. With clean, wet hands, fold and knead until well combined. (Go slowly; it takes time to coax the onions into the mixture.) Divide mixture into 8 portions. Form sausage-shaped kebabs around soaked skewers.
4. Oil grill. Barbecue

skewers, turning often and adjusting heat as necessary, until meat is well browned and no longer pink in centre, about 10 min.



Air-Fryer Keftedes

PREP 15 MIN; TOTAL 35 MIN

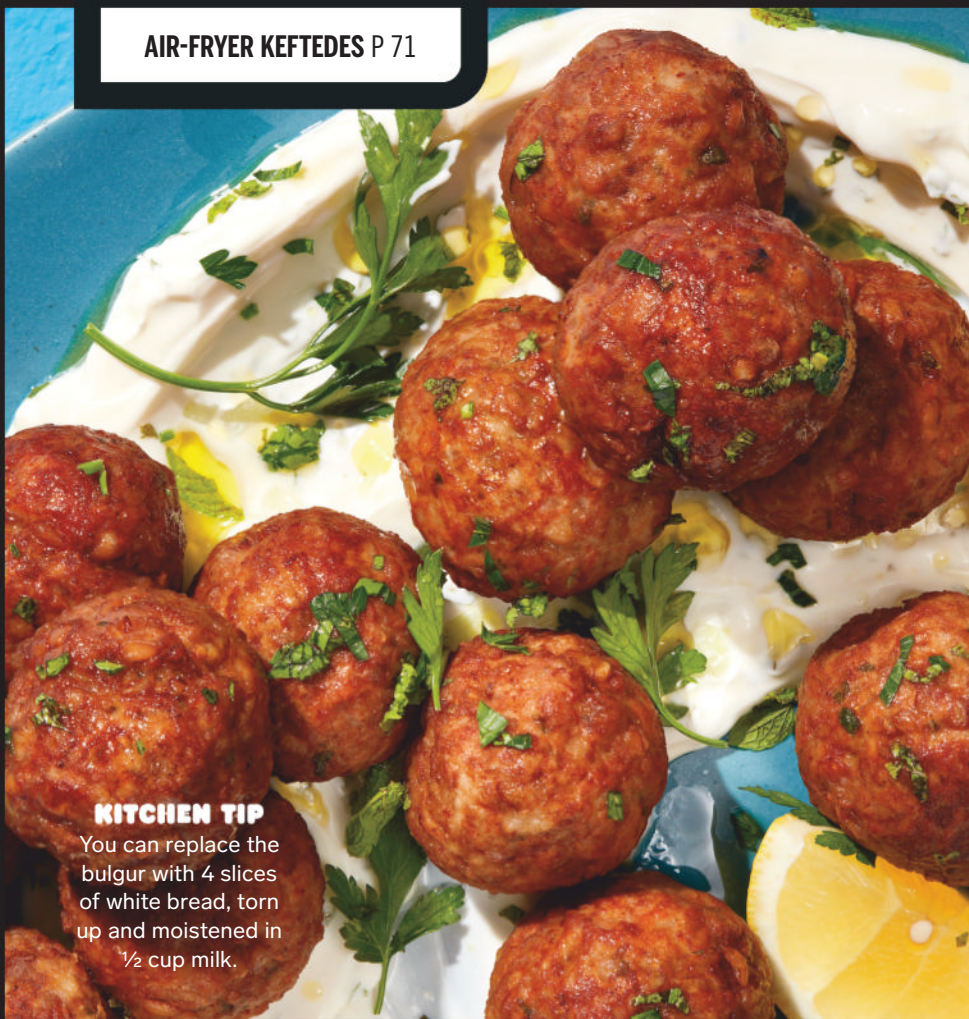
PLUS UP TO 8 HRS

CHILLING TIME

MAKES 16 MEATBALLS *Greek meatballs are the stars of meze plates for good reason. The combination of rich, spiced meat and a cooling dollop of tzatziki or a luxurious smear of hummus can't be beaten. These aromatic herbed lamb keftedes are bolstered with bulgur—the cracked wheat used in tabbouleh—for bounce and texture.*

- ½ cup medium bulgur
- ¼ cup loosely packed flat-leaf parsley leaves, minced
- 4 mint leaves, minced
- 2 tsp cumin
- 1 tsp coriander
- 1 tsp dried oregano
- 1 tsp salt
- 1 red onion, coarsely grated
- 2 garlic cloves, finely grated
- 450 g ground lamb
- ½ cup all-purpose flour
- Chopped parsley, for garnish (optional)

1. Cook bulgur following package directions. Drain, then combine with minced parsley, mint, cumin, coriander, oregano and salt in a large bowl. Stir in onion and garlic.
2. Add lamb. With clean hands or a wooden spoon, break up lamb and stir into

**KITCHEN TIP**

You can replace the bulgur with 4 slices of white bread, torn up and moistened in $\frac{1}{2}$ cup milk.

bulgur mixture. Cover and refrigerate until chilled, about 1 hr or up to 8 hrs.

3. Preheat an air fryer to 400F. Sprinkle flour on a shallow plate. With clean hands, roll lamb mixture into 16 balls (about 3 tbsp each). Roll each ball in flour, shaking off any excess. (Add more flour to plate if needed.)

4. Spray air-fryer basket or tray with oil. Add meatballs, leaving space between them to encourage browning. Lightly spray meatballs with oil. Air-fry until golden-brown and no longer pink in centre, 18 to 20 min.

5. Garnish with chopped parsley, and season with more salt, if desired. Serve with lemon wedges and

tzatziki as an appetizer or with turmeric rice and Greek salad as a main.



Steamed Five-Spice Pork Meatballs

15 MIN; TOTAL 1 HR 55 MIN

PLUS UP TO 8 HRS
CHILLING TIME

SERVES 4 *There is a deep and storied tradition of meatballs as dim sum. Arguably the most famous of the bunch are lion's head, notable for their springy texture, which is achieved by vigorously beating the ground meat against the side of the bowl. The technique takes some time to master, so consider this recipe an entry-*

level foray inspired by the classic, with water chestnuts for texture and the requisite seasoning of five-spice powder and tangerine zest. Look for coarsely ground fatty pork or ask your butcher for a custom mix with 20 to 30 percent fat.

- $\frac{1}{2}$ cup panko
- $\frac{1}{4}$ cup thinly sliced green onions
- 1 tsp minced ginger
- $\frac{1}{4}$ tsp five-spice powder
- $\frac{1}{4}$ tsp dried tangerine zest
- 450 g medium or regular ground pork
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp white pepper
- 2 tsp sodium-reduced soy sauce
- 2 tsp Shaoxing wine or dry sherry

- 1 large egg
- $\frac{1}{4}$ cup drained and finely chopped canned water chestnuts
- $\frac{1}{2}$ tsp sesame oil

1. Combine panko with green onions, ginger, five-spice powder and tangerine zest in a large bowl. Crumble pork overtop, then sprinkle with salt and white pepper. Drizzle soy sauce and wine overtop. With clean hands or a silicone spatula, stir mixture in one direction until well combined, 2 min. Add egg and stir in same direction for 3 more min. Cover and refrigerate until chilled, about 1 hr or overnight.

2. Fold water chestnuts into meat mixture. Lightly oil a plate and your hands with sesame oil. Using hands, roll meat mixture into 12 balls and place on prepared plate. Refrigerate meatballs for 15 min.

3. Pour 1 in. water into a large, wide saucepan, and bring to a boil over medium-high. Set a bamboo steamer inside pan. Cut a parchment-paper circle to fit inside steamer basket. Arrange meatballs evenly in basket. Cover and steam until an instant-read thermometer inserted into centres of meatballs reads 160F, about 12 min. Garnish with more sliced green onions, if desired.



TARA O'BRADEY IS AN AWARD-WINNING COOKBOOK AUTHOR, RECIPE DEVELOPER, CULINARY HOST AND TV CONSULTANT.



KITCHEN TIP

Look for dried tangerine zest in your local Asian grocer, or substitute it with 1 tsp fresh clementine zest.

**STEAMED FIVE-SPICE PORK
MEATBALLS P 72**



TEXT, RECIPES AND FOOD STYLING BY **Lindsay Guscott**
PRODUCED BY **Aimee Nishitoba** PHOTOGRAPHY BY **Christie Vuong**
PROP STYLING BY **Madeleine Johari**

Here's a bit of nacho trivia for you. The original recipe, created in 1941 by Ignacio "Nacho" Anaya, consisted of just three ingredients: tortilla chips, grated Colby cheese and sliced pickled jalapenos. That's it.

the reason nachos are so popular today is because of the toppings. That original recipe, in all its cheesy-crispy-spicy glory, is the perfect base for showcasing your creativity. Whether you're cleaning out the fridge, hosting a games night or just trying to trick your kids into eating some vegetables, there is no better canvas than a plate of nachos.

They weren't piled high with a million ingredients. There was no pulled pork, guacamole or sour cream. Not even salsa made the cut! In fact, the nachos you get at ballparks, movie theatres and gas stations are probably closer to the original than anything else you've had. Even so, I'd argue



EASY VEGAN NACHOS

Easy Vegan Nachos

PREP 30 MIN; TOTAL 30 MIN

SERVES 4 TO 6 *Not only are these vegan nachos seriously delicious, but they also come together in a flash, making them a no-brainer choice for weeknight dinners.*

Saucy Beans

- 1 tbsp olive oil
- 1 cup finely chopped white onion
- 1 tbsp tomato paste
- ½ tsp ground cumin
- 2 garlic cloves, minced
- 1 19-oz (540-mL) can pinto or black beans, drained and rinsed
- 2 chipotles in adobo sauce, minced
- ¼ tsp fine sea salt

Spicy Queso

- 1 cup roasted unsalted cashews
- 2 chipotles in adobo sauce
- 3 tbsp nutritional yeast
- 1 tbsp lime juice
- ½ tsp fine sea salt
- 1 350-g bag tortilla chips, divided
- 1 cup coarsely grated cauliflower, divided

- 1 avocado, finely diced, divided
- 8 small radishes, very thinly sliced into rounds, about 1 cup, divided
- 4 green onions, thinly sliced on the bias, about 1 cup, divided
- 1 lime, cut into wedges

1. Beans: Heat a pot over medium. Add oil, then onion. Cook until translucent, about 5 min. Stir in tomato paste, cumin and garlic until fragrant and deep red, 1 to 2 min. Add beans, minced chipotles, $\frac{1}{4}$ tsp salt and 1 cup water. Simmer until mixture has thickened, but still saucy, 8 to 10 min.

2. Queso: Combine cashews with whole chipotles, nutritional yeast, lime juice, $\frac{1}{2}$ tsp salt and 1 cup hot water in a blender. Blend until smooth, adding more hot water as needed to reach a thick, saucy consistency.

3. To assemble nachos, spread half of tortilla chips in a single layer on a large, rimmed baking sheet. Evenly

drizzle half of saucy beans, then $\frac{1}{2}$ cup queso otopot. Sprinkle with half of cauliflower, avocado, radishes and green onions. Repeat with a second layer of ingredients. Squeeze half of lime wedges over nachos. Serve with remaining queso and lime wedges.

Kitchen tip Beans can be made up to 3 days ahead. Cauliflower and queso can be made 1 day ahead.

Hamburguesa con Queso Nachos

PREP 1 HR; TOTAL 1 HR

SERVES 4 TO 6 *These nachos remind me so much of the cheeseburgers I've eaten in Mexico that naming this dish after them only seemed fitting.*

Queso

- 1 tbsp unsalted butter
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup 3.25% milk
- 227 g processed cheese loaf, such as Velveeta, chopped

- 2 tbsp hot sauce, preferably Valentina
- 1 tbsp kosher dill pickle juice

Hamburguesa

- 8 slices bacon, chopped
- 454 g lean ground beef
- $\frac{1}{2}$ tsp fine sea salt
- $\frac{1}{4}$ cup ketchup
- 1 tbsp cornstarch
- 1 tbsp Worcestershire sauce
- 1 tsp coarsely ground black pepper
- 1 350-g bag tortilla chips, divided
- 3 cups finely shredded iceberg lettuce, divided
- $1\frac{1}{2}$ cups finely chopped tomatoes, divided
- $\frac{2}{3}$ cup finely diced kosher dill pickles, divided
- $\frac{1}{2}$ cup finely chopped white onion, divided

1. Queso: Melt butter in a pot over medium. Add garlic.

Cook until fragrant, but not browned, about 1 min. Pour in milk. Increase heat to medium-high. Bring to a simmer, then add cheese, whisking constantly, until melted and mixture is smooth, about 3 min. Remove from heat. Stir in hot sauce and pickle juice. Set aside, covered, to keep mixture warm.

2. Hamburguesa: Heat a large frying pan over high. Add bacon. Cook, stirring often, until bacon is golden-brown, 8 to 10 min. Using a slotted spoon, transfer bacon to a paper towel-lined plate. Set aside.

3. Discard all but 1 tsp bacon fat from pan. Add beef to pan, then flatten with a spatula, as if you're making a smash burger. Sprinkle with salt. Cook, without stirring, until deep golden-brown, 3 to 4 min per side.

4. Meanwhile, whisk $\frac{1}{2}$ cup water with ketchup, cornstarch, Worcestershire sauce and pepper in a small bowl. Once both sides of beef are browned, add cornstarch mixture to pan. Bring to a boil, then lower heat to medium. Simmer, breaking up beef with a wooden spoon until no lumps remain and mixture is saucy, about 4 min. Remove from heat.

5. To assemble, spread half of tortilla chips in a single layer on a large, rimmed baking sheet. Scatter half of hamburguesa otopot, then drizzle with one-third queso. Sprinkle with half of bacon, lettuce, tomatoes, pickles and onion. Repeat with a second layer of same ingredients. Serve with remaining queso and more hot sauce on the side, if desired.

Kitchen tip Queso can be made up to 3 days in advance and hamburguesa up to 1 day in advance. Refrigerate until ready to use.



HAMBURGUESA CON QUESO NACHOS



**CHICKEN
TINGA NACHOS**
P 72

So, You Want to Riff?

5 Tips for Freestyling Nachos



BACK TO BASICS

First off, the chips. For me, corn is the only way to go (I'm a purist). Look for large, thick-cut chips that will hold up well to a flood of salsa.

Next, the cheese. Whether you're making queso or grating a block, pick a mild cheese that will melt well, like Monterey Jack or mozzarella. As for salsa, you can absolutely use store-bought—just be sure to drain off some of the liquid if you find it a little watery.



BALANCE

When you strip down nachos to the holy trifecta of chips, cheese and salsa (or, if you're a traditionalist, pickled jalapeños), it becomes

immediately obvious why they work so well.

It's the balance of salt, fat, acidity and heat that gives you the perfect bite each time. When making additions to that trifecta, try not to throw off the balance with toppings that lean too heavily into rich, salty or acidic territory.

Chicken Tinga Nachos

PREP 1 HR; TOTAL 1 HR 15 MIN

SERVES 4 TO 6 *Tinga, a mixture of shredded chicken, tomatoes and chipotles, is a traditional filling for tacos and tortas and also makes a delicious nacho topping with its own built-in salsa.*

Chicken Tinga

- 680 g skin-on, bone-in chicken thighs
- ½ tsp fine sea salt
- 1 tsp vegetable oil
- 1 medium red onion, roughly chopped, about 2 cups
- 3 garlic cloves, peeled and smashed
- 1 tsp dried oregano
- ½ tsp ground cumin
- 1 28-oz (796-mL) can diced tomatoes, preferably fire-roasted
- 2 to 3 chipotles in adobo sauce
- 1 bay leaf

Pickled Onions

- ½ tsp granulated sugar
- ½ tsp fine sea salt
- ¼ cup lime juice
- ½ medium red onion, thinly sliced, about 1½ cups

- 1 350-g bag tortillas chips, divided
- 2 cups finely shredded cabbage, divided
- 2 cups Monterey Jack cheese, grated, divided
- ½ cup sour cream
- 1 ripe avocado, diced
- ½ cup queso fresco or feta, finely crumbled

1. **Tinga:** Pat dry chicken with paper towels, then season with ½ tsp salt. Heat a large dutch oven over medium-high. Add oil, then chicken, skin-side down. Cook, without touching, until bottom is golden-brown, 5 to 7 min. Flip chicken, then cook until bottom is browned, 3 to 4 min. Transfer to a plate.
2. Reduce heat to medium. Add chopped onion and garlic to same pot. Cook, stirring occasionally, until onion is translucent, about 5 min. Stir in oregano and cumin until fragrant, about 30 sec. Add tomatoes, chipotles and bay leaf. Boil over high. Arrange chicken, skin-side up, in a single layer over tomato mixture. Reduce heat to medium-low. Simmer, covered, until chicken is cooked through, 20 min. Season to taste with salt.
3. Meanwhile, position rack in centre of oven, then preheat to 425F. Line a large, rimmed

- baking sheet with foil.
 4. **Onions:** Stir 2 tbsp hot water with sugar and ½ tsp salt until dissolved. Stir in lime juice and sliced onion. Set aside, stirring occasionally, until ready to use.
 5. When cooked, transfer chicken using a slotted spoon to a plate or cutting board. Discard bay leaf from tomato sauce, then carefully blend using an immersion blender until slightly chunky. Remove 2 cups to a serving bowl and set aside.
 6. When chicken is cool enough to handle, shred with two forks, discarding skin and bones. Return meat to salsa in pot and stir until coated.
 7. To assemble nachos, spread half of tortilla chips in a single layer on prepared baking sheet. Scatter half of chicken tinga, cabbage and cheese otop. Repeat with a second layer of same ingredients.
 8. Bake until cheese is melted and edges of chips are browned, about 8 min.
 9. Meanwhile, stir sour cream with 2 tbsp water in a small bowl. Drizzle nachos with sour cream mixture, then sprinkle with avocado, queso fresco and pickled onions. Serve hot with reserved 2 cups salsa on the side.
- Kitchen tip** Chicken tinga can be made up to 2 days in advance and refrigerated

until ready to use. Warm before using.

Chorizo and Pineapple Nachos

PREP 30 MIN; TOTAL 40 MIN

SERVES 4 TO 6 *Good-quality chorizo can be hard to find, so we're making our own. If you'd prefer to use store-bought, make sure you're buying fresh Mexican chorizo, not the cured Spanish kind.*



VEG IT UP!

Nachos are a great way to use up leftover veggies. Cut them into small pieces, about ¼ in. or so, to make them easier to distribute and ensure

no one ends up with a mouthful of broccoli. Also, be thoughtful about how you're adding the veggies to the rest of the mix. If you're including potatoes that need to be used up, maybe fry them with chorizo first. If you've got leftover cauliflower, try charring the florets.



FRESH IS BEST

If you're not adding fresh toppings to your nachos, then you're doing it wrong. Think fresh salsas, like pico de gallo, fruit (this is the time to use that

lonely mango on the counter), herbs and any vegetable you wouldn't want to cook (I'm looking at you, avocados). You could try sandwiching ingredients between the top and bottom layers, but make sure they're protected by the second layer or you'll end up with a soggy salad.



STACKS ON STACKS

All of these nacho recipes are made with two layers. Building nachos wide instead of tall ensures even ingredient distribution and even cooking.



CHORIZO AND PINEAPPLE NACHOS

Chorizo

- 454 g lean ground pork
 1 garlic clove, minced
 2 tbsp smoked paprika
 1 tbsp chipotle powder or chili powder
 1 tsp ground cumin
 1 tsp dried oregano
 ½ tsp fine sea salt

- ½ tsp freshly ground black pepper
 ¼ tsp dried thyme
 Pinch of ground allspice
 Pinch of ground cloves
 2 tbsp apple cider vinegar
 1 tsp vegetable oil

- 1 350-g bag tortilla chips, divided
 1½ cups pork rinds, crushed, divided (optional)
 2 cups salsa verde, divided
 2 cups Oaxacan string cheese or mozzarella, torn into long strands or shredded, divided

- 2 cups finely diced pineapple, divided
 ½ cup finely diced red onion, divided
 2 serrano or jalapeño peppers, very thinly sliced, divided
 1 cup loosely packed cilantro leaves, chopped

1. Position rack in centre of oven, then preheat to 425F. Line a large, rimmed baking sheet with foil. Set aside.
2. Chorizo: Combine pork with garlic, smoked paprika, chipotle powder, cumin, oregano, salt, pepper, thyme, allspice and cloves in a bowl. Mix well with hands until combined. Pour vinegar over and mix until combined.
3. Heat a frying pan over medium-high. Add oil, then chorizo. Cook, breaking up meat with a wooden spoon, until browned, 5 to 6 min.
4. To assemble nachos, spread half of tortilla chips in a single layer on prepared baking sheet. Scatter half of chorizo, ½ cup pork rinds and half of salsa, cheese, pineapple, onion and sliced peppers overtop. Repeat with remaining chips and chorizo, ½ cup pork rinds and remaining salsa and cheese.
5. Bake until cheese is melted and edges of chips are browned and crispy, about 8 min.
6. To finish, scatter remaining pork rinds, pineapple, onion and sliced peppers overtop nachos. Sprinkle chopped cilantro overtop. Serve immediately.



LINDSAY GUSCOTT
 IS A TORONTO-BASED
 FOOD STYLIST AND
 RECIPE DEVELOPER.

IT'S A COOL, COOL WORLD



Tiger Tail
Ice Cream P 82



NOTHING IS MORE synonymous with summer than a massive helping of ice cream. The appeal is enduring: The Chatelaine Test Kitchen has been churning out scoops and sundaes since the 1930s, well before freezers were a common household item. These days, whether you have an ice cream maker or not, making your own is a cinch—and it's totally worth it.

We've updated five of our best ice creams from 95 years of recipes and served up five new flavours to get you started on building your own towering sundae. Pick and choose to create your own custom combo, or make the one on our cover (recipe on p. 86). Here's to staying cool for the summer!

Concord
Ice Cream P 83





**Apple Beet
Sorbet**
P 83

**Sweet Corn
Ice Cream**
P 83



Tiger Tail Ice Cream

SERVES 6

PREP 20 MIN

TOTAL 11 HRS 20 MIN

Instead of a stripe of syrup, our version of this Canadian classic is infused with licorice-root tea for a glorious flavour.

- 2 cups 3.25% milk
- 2 licorice-root tea bags, tags discarded
- 2 tsp finely grated orange zest

- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup 35% cream
- 3 tbsp skim-milk powder
- 4 large egg yolks
- Orange gel food colouring (optional)
- $\frac{1}{2}$ cup licorice allsorts, roughly chopped (optional)

1. Combine milk with tea bags and zest in a medium saucepan set over medium-high. Cook, stirring occasionally, just until mixture comes to a

gentle simmer, 5 to 7 min. Remove from heat and let stand, covered, 30 min.

2. Strain milk mixture through a sieve set over a medium bowl. Wipe saucepan clean, then return strained mixture to saucepan. Whisk in sugar, cream and milk powder until combined. Whisk in egg yolks until fully blended.

3. Clip a candy thermometer to the side of saucepan, then set over medium. Cook, stirring constantly with a heatproof spatula, until temperature reaches 180F,

7 to 9 min. Remove from heat and whisk in food colouring until desired shade. Transfer to a container, then cover surface with plastic wrap. Refrigerate until chilled, at least 6 hrs.

4. Freeze a 9 x 5-in. metal pan while churning ice cream. Process chilled mixture in an ice cream maker according to manufacturer's directions, about 20 min. Scrape mixture into prepared pan, then cover with plastic wrap. Freeze until firm, at least 4 hrs. Serve immediately, sprinkled

**Blackout
Chocolate
Coffee Gelato**
P 83



with licorice allsorts, or cover surface with parchment and then plastic wrap and store for up to 5 days.



Concord Ice Cream

SERVES 6

PREP 5 MIN

TOTAL 4 HRS 25 MIN

As noted in the original 1930 recipe for this pretty purple ice cream, its "cool deliciousness assures...an enthusiastic response."

- 2 cups 18% cream
- 1 cup 3.25% milk
- 1 cup Concord grape juice
- ½ cup granulated sugar

1. Place a 9 × 5-in. metal pan in freezer. Whisk cream with milk, grape juice and sugar in a medium bowl until combined.
2. Process mixture in an ice cream maker according to manufacturer's directions, about 20 min.
3. Scrape mixture into

prepared pan, then cover with plastic wrap. Freeze until firm, 4 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 5 days.



Apple Beet Sorbet

SERVES 6

PREP 15 MIN

TOTAL 11 HRS 15 MIN

Store-bought beet juice streamlines this dairy-free dessert from 1989.

- 4 McIntosh apples, peeled and sliced into ½-in. wedges
- 4 cups apple cider
- ¼ cup store-bought beet juice
- 2 tbsp Calvados

1. Combine apples and cider in a saucepan set over medium-high. Boil, then reduce heat to medium. Simmer, stirring occasionally, until apples are soft and cider has reduced by half, about 30 min.
2. Scrape apple mixture into a food processor. Whirl until very smooth, 1 min. Scrape into a bowl and set aside.
3. Whisk beet juice along with Calvados into apple mixture until combined. Cover with wrap, then refrigerate until chilled, at least 6 hrs or overnight.
4. Freeze a 9 × 5-in. metal pan. Process chilled sorbet in an ice cream maker according to manufacturer's directions, about 20 min.
5. Scrape into prepared pan, then cover with plastic wrap. Freeze until firm, at least 4 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 5 days.



Sweet Corn Ice Cream

SERVES 6

PREP 10 MIN

TOTAL 6 HRS 10 MIN

This simple recipe from 2015 is summer in a scoop.

- 1 cup 35% cream
- ½ 300-mL can sweetened condensed milk
- ½ 398-mL can creamed corn

1. Using an electric mixer on medium, beat cream in a medium bowl until soft peaks form, 2 to 4 min. Reduce speed to low and beat in sweetened condensed milk and creamed corn until just combined. Mixture should be smooth and fluffy.
2. Scrape mixture into a container. Freeze until firm, 6 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 3 days.



**Blackout Chocolate
Coffee Gelato**

SERVES 6

PREP 20 MIN

TOTAL 11 HRS 20 MIN

Crushed whole coffee beans make the most impact when paired with good-quality dark chocolate.

- ¼ cup medium-roast whole coffee beans
- 2½ cups 3.25% milk
- ¾ cup granulated sugar
- ¼ cup skim-milk powder
- ¼ cup 35% cream
- 2 large egg yolks
- 1 100-g bar 70% dark chocolate, finely chopped
- 1 tsp vanilla



Bourbon
Whipped
Cream P 86

Saffron,
Pistachio and
Chocolate
Chunk
Ice Cream P 86

Roasted
Strawberry and
Cinnamon Ice
Cream
P 85

Peach Ice Cream
P 85

No-Churn Chili
Mango Sorbet
P 85

Dark
Chocolate
Ganache
P 86

No-Churn
Rhubarb White
Chocolate
Ice Cream
P 86

1. Very coarsely crush coffee beans using a mortar and pestle (or in a resealable bag using a rolling pin). Combine beans with milk in a medium saucepan set over medium-high. Cook, stirring occasionally, just until mixture comes to a gentle simmer, 5 to 7 min. Remove from heat and let stand, covered, 30 min.

2. Strain milk mixture through a sieve set over a medium bowl. Wipe saucepan clean, then return strained mixture to saucepan. Whisk in sugar, milk powder and cream until combined. Whisk in egg yolks until fully blended.

3. Clip a candy thermometer to the side of saucepan, then set over medium. Cook, stirring constantly with a heatproof spatula, until temperature reaches 180F, 7 to 9 min. Remove from heat and whisk in chocolate until fully combined, 1 min. Whisk in vanilla. Transfer to a container, then cover surface with plastic wrap. Refrigerate until chilled, at least 6 hrs.

4. Freeze a 9 × 5-in. metal pan while churning ice cream. Process chilled mixture in an ice cream maker according to manufacturer's directions, about 20 min. Scrape mixture into prepared pan, then cover with plastic wrap. Freeze until firm, at least 4 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 5 days.



Roasted Strawberry and Cinnamon Ice Cream

SERVES 6

PREP 20 MIN

TOTAL 11 HRS 15 MIN

A touch of cinnamon goes a long way in complementing the jammy flavours of roasted in-season strawberries.

- 1½ cups ½-in. diced strawberries
- 1 cup granulated sugar, divided
- 1¾ cups 3.25% milk
- 1 1-in. piece cinnamon stick
- 1 vanilla bean, split and seeded
- ¾ cup 35% cream
- 3 tbsp skim-milk powder
- 4 large egg yolks
- Pink gel food colouring (optional)

1. Position rack in centre of oven, then preheat to 325F. Toss strawberries with ¼ cup sugar in a medium bowl. Let stand until syrupy, 10 min.
2. Meanwhile, combine milk with cinnamon and vanilla seeds and pod in a medium saucepan set over medium-high. Cook, stirring occasionally, just until mixture comes to a gentle simmer, 4 to 6 min. Remove from heat and let stand, covered, 30 min.
3. Meanwhile, scrape strawberries and any juice into a 9-in. pie plate. Roast in oven until very tender, 25 to 30 min. Mash roughly half of strawberries with a fork, then set aside.
4. Remove and discard cinnamon and vanilla pod from milk. Whisk in remaining ¾ cup sugar, cream and milk powder until combined. Whisk in egg yolks until fully blended. Whisk in strawberries and any juice.
5. Clip a candy thermometer to the side of saucepan, then set over medium. Cook, stirring constantly with a heatproof spatula, until temperature reaches 180F, 7 to 9 min. Remove from heat and whisk in food colouring until desired shade. Transfer to a container; cover surface with plastic wrap. Refrigerate until chilled, at least 6 hrs.
6. Freeze a 9 × 5-in. metal pan while churning ice cream. Process chilled

mixture in an ice cream maker according to manufacturer's directions, about 20 min. Scrape mixture into prepared pan, then cover with plastic wrap. Freeze until firm, at least 4 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 5 days.



No-Churn Chili Mango Sorbet

SERVES 6

PREP 30 MIN

TOTAL 7 HRS 30 MIN

Any variety of mango can be used for this recipe, as long as it's perfectly ripe.

- 4 cups chopped ripe mango
- 1 2- to 3-in. piece red finger chili, halved lengthwise, seeds removed
- 1 cup mango nectar, divided
- ¾ cup granulated sugar
- 2 tbsp lemon juice
- ¼ tsp fine sea salt

1. Line a large rimmed baking sheet with parchment, allowing it to overhang on all sides.
2. Combine mango with chili in a food processor. Pulse until chili is roughly chopped. Add ½ cup nectar, sugar and lemon juice. Whirl until very smooth, 1 min. Scrape onto prepared sheet, smoothing into an even layer. Freeze just until firm, about 3 hrs.
3. Using a butter knife, cut frozen mango mixture into roughly 2-in. pieces. Lift overhanging parchment and transfer frozen squares to a clean food processor. Pulse a few times to settle mango mixture, then add remaining ½ cup nectar and salt. Whirl,

scraping down sides and breaking up pieces halfway through, until mixture is smooth, about 3 min.

4. Scrape mixture into a 9 × 5-in. metal pan, then cover with plastic wrap. Freeze until firm, 4 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 5 days.



Peach Ice Cream

SERVES 6

PREP 20 MIN

TOTAL 10 HRS 25 MIN

Back in 1964, this recipe cost a cool 87 cents to make.

- 4 large egg yolks
- ¾ cup granulated sugar
- ⅛ tsp salt
- 1¼ cups 10% cream
- 2 cups crushed ripe peeled peaches
- 2 tsp lemon juice
- ⅛ tsp almond extract
- 1¼ cups 35% cream

1. Whisk egg yolks with sugar and salt in a medium heatproof bowl. Set aside.
2. Pour 10% cream in a medium saucepan set over medium-high. Bring to a simmer, 3 to 4 min. Slowly pour cream into yolk mixture, whisking constantly. Pour mixture back into saucepan and return to stovetop over medium. Cook, stirring constantly, until slightly thickened, about 2 min. Scrape mixture into a large bowl, then cover surface with plastic wrap. Refrigerate until chilled, 4 hrs.
3. Stir peaches, lemon juice and almond extract into chilled mixture. Whisk 35% cream in a large bowl until soft peaks form, 2 min. Fold cream into peach mixture just until no streaks remain.
4. Scrape mixture into a

9 × 5-in. metal pan, smoothing top. Freeze, stirring every hour for the first 3 hrs, until firm, 6 hrs. Serve immediately or cover with parchment and then plastic wrap and store for up to 5 days.



Saffron, Pistachio and Chocolate Chunk Ice Cream

SERVES 6

PREP 25 MIN

TOTAL 6 HRS 45 MIN

A flavour profile as sophisticated today as it was in 2005.

- 1½ cups 3.25% milk
- ¾ tsp saffron threads, finely crumbled
- 4 large egg yolks
- ¾ cup granulated sugar
- 1½ tsp fine orange zest
- 1 tsp vanilla
- 1 cup 35% cream
- ⅓ cup finely chopped bittersweet or semi-sweet chocolate
- ⅓ cup coarsely chopped raw pistachios

1. Combine milk with saffron in a medium saucepan set over medium-high. Cook, stirring occasionally, until

mixture just comes to a gentle boil, about 3 to 4 min. Set aside.

2. Using an electric mixer on medium-high, beat egg yolks with sugar in a medium bowl until pale yellow and thickened, about 2 min. Gradually beat in hot saffron milk. Pour mixture back into saucepan, then return to stovetop over medium-low. Cook, stirring constantly with a wooden spoon, until mixture is thick enough to coat back of spoon, 5 to 7 min. Scrape mixture into a large bowl, then stir in zest and vanilla. Freeze mixture, stirring occasionally, until chilled, 20 to 25 min.

3. Using an electric mixer on medium-high, beat cream in a medium bowl just until soft peaks barely hold when beaters are lifted, 1 to 2 min. (Do not beat to stiff peaks.) Gently fold in chilled saffron mixture just until no streaks remain. Fold in chocolate and pistachios until just mixed.

4. Scrape mixture into a 9 × 5-in. metal pan, smoothing top. Freeze, stirring every hour for the first 3 hrs, until firm, about 6 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 5 days.



No-Churn Rhubarb White Chocolate Ice Cream

SERVES 6

PREP 25 MIN

TOTAL 10 HRS 55 MIN

A touch of lemon and swirls of rhubarb balance the sweetness of the white chocolate.

Compote

- 3 cups ½-in. sliced fresh rhubarb
- ½ cup granulated sugar
- 2 tsp lemon juice

Ice Cream

- 3 large egg whites
- ½ cup granulated sugar
- 1 100-g bar white chocolate, melted
- ½ tsp vanilla
- 1⅓ cups 35% cream

1. Compote: Combine rhubarb with ½ cup sugar and lemon juice in a saucepan set over medium. Cook, stirring occasionally, until mixture is thick and has reduced to 1 cup, 18 to 22 min. Transfer to a container and refrigerate until chilled, 2 hrs.

2. Ice cream: Add 1 in. water to a medium pot and set over

high. Bring to a boil, then reduce heat to medium-low. Whisk egg whites with ½ cup sugar in a large heatproof bowl. Set bowl on top of saucepan without letting the bottom of bowl touch the water. Cook, whisking constantly, until mixture is very warm to the touch, 2 min. Working quickly, scrape mixture into the bowl of a stand mixer fitted with the whisk attachment. Whisk in melted chocolate and then vanilla on medium speed until mixture is glossy and cooled to room temperature, about 10 min.

3. Whisk cream in a large bowl until soft peaks form, about 2 min. Gently fold whipped cream into cooled chocolate mixture just until no streaks remain. Scrape one-third of cream mixture into bottom of a 9 × 5-in. metal pan, smoothing top. Dollop one-third of rhubarb mixture on top. Swirl with a wooden skewer. Repeat layering and swirling two more times with remaining cream and rhubarb, then cover with plastic wrap. Freeze until firm, at least 8 hrs. Serve immediately or cover surface with parchment and then plastic wrap and store for up to 3 days.

HOW TO Make the Cover Sundae



Our cover sundae features the chili mango, roasted strawberry, rhubarb white chocolate, peach and saffron pistachio ice creams—plus whipped cream and ganache!

All ice creams and sorbets will benefit from a 10-minute rest on the counter if they've been stored in the freezer for long periods of time. This will help soften them up for scooping.

Bourbon Whipped Cream

Beat 1 cup 35% cream with 2 tbsp icing sugar and 1 tbsp bourbon in a medium bowl, with an electric mixer, until soft peaks form.

Dark Chocolate Ganache

Heat 1 cup 35% cream in a small saucepan over medium until it almost comes to a boil. Remove from heat and stir in 225 g finely chopped dark chocolate until melted.



Delicious Wine. Smooth Prices!

Brought to you
by Canada's
#1 Wine!*

We take pride in delivering a
consistently great glass of wine,
at a price that's easy to love.

Our Pinot Grigio is crisp and bright
with notes of fresh citrus and green
apple. Pairs perfectly with seafood,
a sunny day and our fresh new look!

Shop your
favourites
here:



📷 @jacksontriggs

*Total volume nationally over a 12-month period, PowerBI, national scanned data.
Please Enjoy Responsibly.



CHATELAINÉ



WANT
ANOTHER
JUICY
READ?



Subscribe to *Chatelaine* for award-winning journalism, delicious recipes and the best homegrown fashion, beauty and decor. [**chatelaine.com/deal**](https://chatelaine.com/deal)

THE TAKEAWAY

OUR ADVICE FOR BEING YOUR BEST COOK

Smoke adds a complex note to pretty much every food it touches. Sure, grilling gives you a taste, but to truly dial up the flavour, you need to smoke your food. The good news? You don't need to shell out for a smoker to do this. Turn the page to see how.

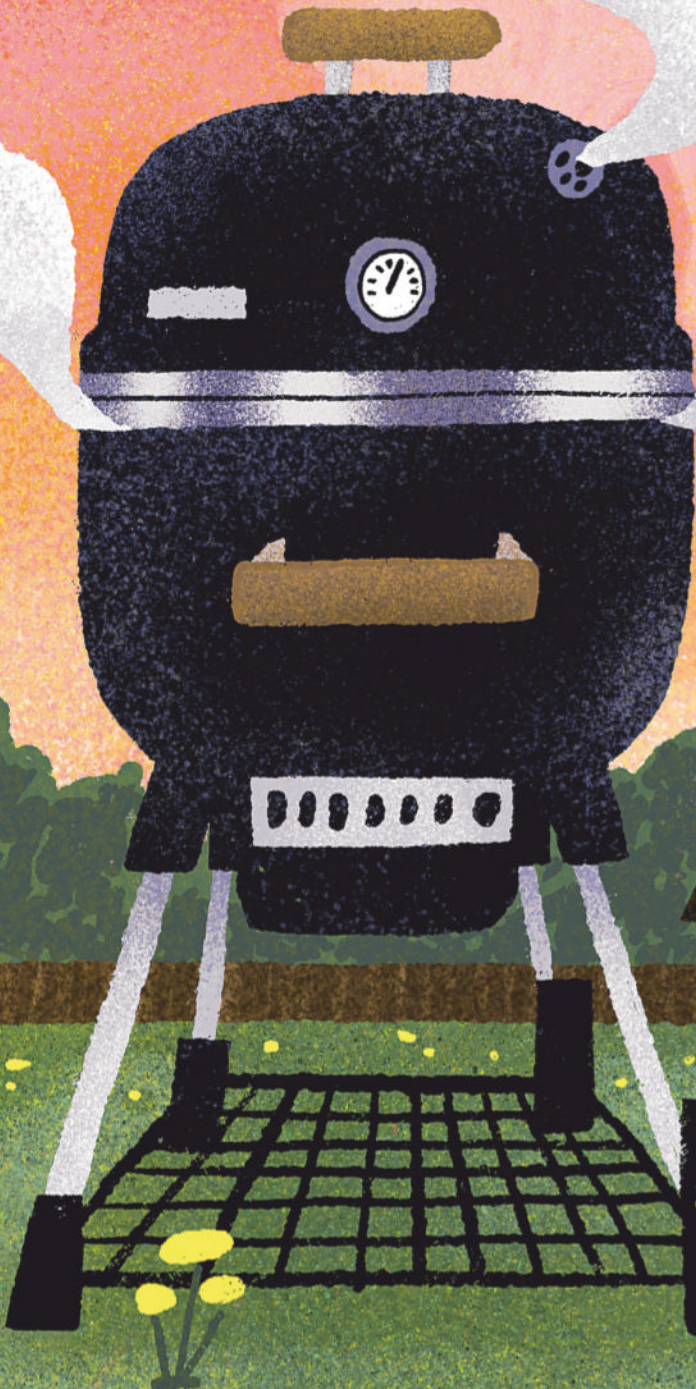


ILLUSTRATION: SANDI FALCONER



The Smoke Show

I grew up in a Filipino household, so *ihawan* (grilling) has always been a big part of my summer. Whether it's vegetables, seafood, meat or even fruit—anything that can be marinated, threaded onto a skewer and thrown onto a grill—I will happily eat it.

I just can't get enough of the delicious results of the Maillard reaction, which is when proteins and sugars transform into delightful new flavours, colours and aromas during the cooking process. Above all, I love the flavour that smoke imparts on a surprising array of foods—and I wanted

to figure out how to get more of it without having to invest in a stand-alone smoker. As it turns out, if you have a charcoal grill, you're already halfway there. Here's everything you need to know about converting your grill into a smoker.



RIA ELCIARIO IS BASED IN TORONTO. SHE'S CURRENTLY WRITING A COOKBOOK ON PLANT-BASED FILIPINO FOOD.



WHAT IS SMOKING?

Unlike grilling, smoking is slow (very, very slow) and steady—but it can also be done on your grill. “A smoker, in the simplest terms, is a cavity that you fill with food and apply indirect heat to through smoked wood,” says Toronto-based chef Matthew Ravenscroft. There are two methods: “Cold smoking doesn’t cook food, whereas hot smoking cooks and smokes food simultaneously,” explains New York-based chef Charlene Luo. Cold smoking is perfect for hard cheeses, cured meats and salt. Try hot smoking foods you’d usually grill, such as brisket, fish or firm tofu.

WHAT ELSE YOU’LL NEED



Wood chips, chunks or pellets 🔥

WEBER HICKORY WOOD CHIPS, \$10 FOR 2 LB, RONA.CA.



Blowtorch 🔥

STAINLESS STEEL BAKER’S TORCH, \$37, CANADIAN TIRE.CA.



Smoker maze 🔥

WADEO PELLET SMOKER, \$27, AMAZON.CA.



Digital thermometer 🔥

THERMOPRO TP07B DIGITAL WIRELESS MEAT THERMOMETER, \$44, AMAZON.CA.

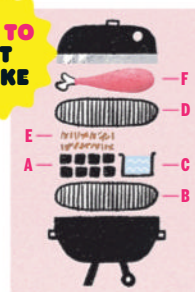
🔥 Hot smoking 🔥 Cold smoking

HOW TO COLD SMOKE



Fill a smoker maze with wood pellets (A), then place it on charcoal grate (B). Use a blowtorch to light the maze at one end; let pellets burn for two minutes, then blow out to release smoke. Place cooking grate (C) on grill, then place the food (D) you’re cold smoking on cooking grate and close lid. (Line grate with foil if smoking cheese; use a metal tray for salt.) “Check the food every hour, and rotate it to ensure it gets an even smoke,” says Luo. “For cured sausages, this takes about seven hours.”

HOW TO HOT SMOKE



Light charcoal (A); place in charcoal basket or arrange over three-quarters of charcoal grate (B). “In the remaining space, place a metal tray of cold water (C),” says Ravenscroft. Place cooking grate (D) on grill; close lid. Once desired temperature is reached, lift cooking grate and add wood chips or chunks (E) to charcoal. Close lid. When smoke starts pouring out of grill, place food (F) on cooking grate. Close lid; keep bottom vents open and top vents on opposite side of charcoal. Add more charcoal hourly; sweep out ash as needed.

SOAK NOTE

Wood chips and chunks typically require soaking before use; refer to package instructions. Pellets, on the other hand, are ready to use right out of the bag.

★ LET'S HAVE A DRINK ★

SUMMERTIME BLUES

If you haven't enjoyed a blue drink in a blue moon, it's time to change that. This nuanced, slightly spicy blender drink is about to become your official summer cocktail

Blue Barachois

PREP 5 MIN; TOTAL 5 MIN

SERVES 1 *It's time to bring back the Blue Lagoon, a guilty-pleasure drink that was invented half a century ago in Paris at the iconic Harry's New York Bar. This version has a significantly more complex flavour than the classic, thanks to the addition of ginger juice, coconut milk and Italian lemonade. We've also given it a Canadian nod: "Les barachois" is a term for the coastal lagoons of Atlantic Canada and Quebec.*

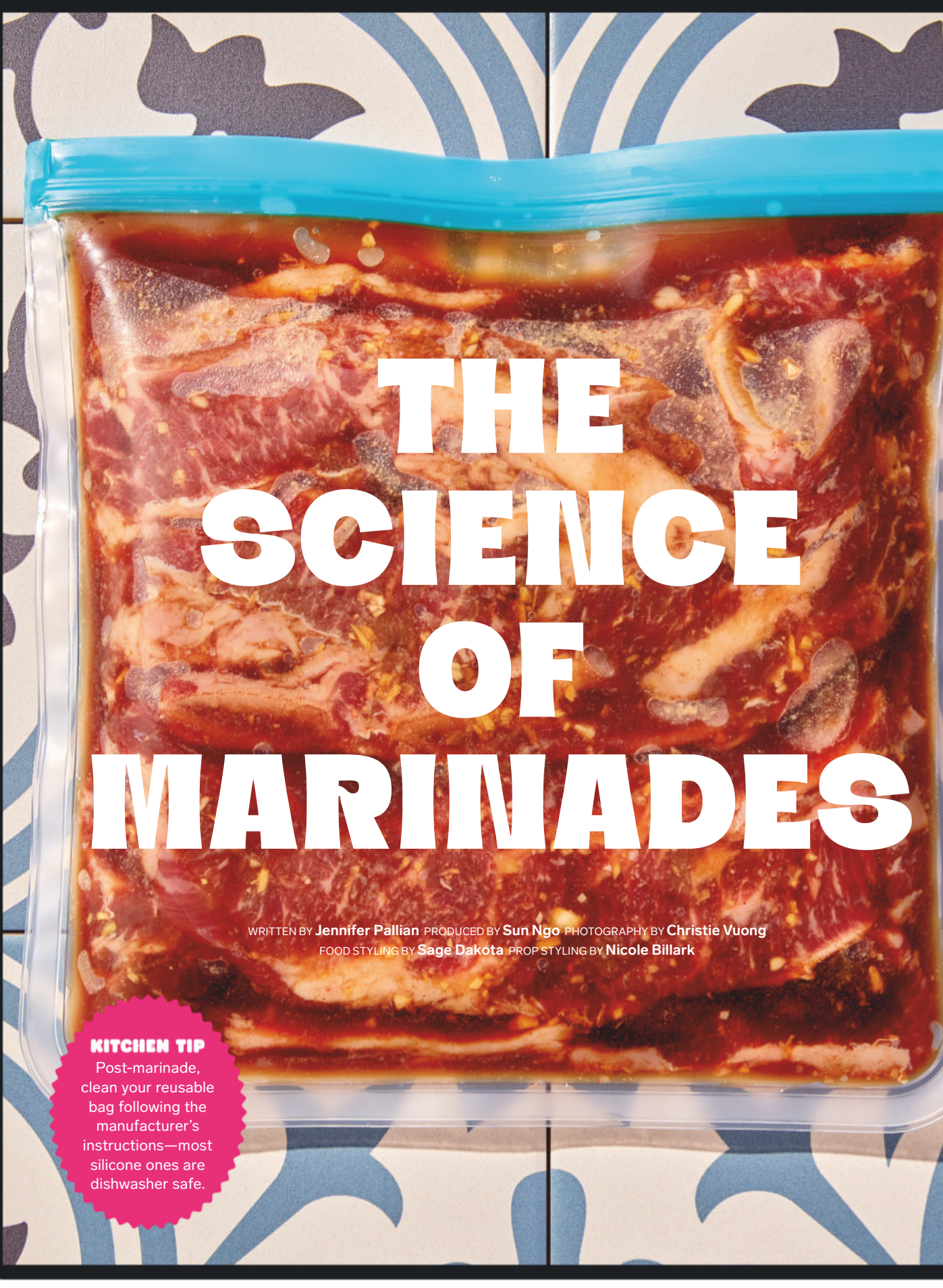
- 3 oz sparkling Italian lemonade
- 1½ oz Kinsip Juniper's Wit Gin
- 1 oz light coconut milk
- ½ oz McGuinness Blue Curaçao
- ½ oz fresh lime juice
- ½ oz store-bought ginger juice
- 6 ice cubes

1. Combine all ingredients in a blender. Blend on high until smooth, about 1 min. Pour into a tulip glass and garnish with an edible flower. Serve immediately.



CHRISTINE SISMONDO
IS THE AUTHOR OF
COCKTAILS: A STILL LIFE.





THE SCIENCE OF MARINADES

WRITTEN BY **Jennifer Pallian** PRODUCED BY **Sun Ngo** PHOTOGRAPHY BY **Christie Vuong**
FOOD STYLING BY **Sage Dakota** PROP STYLING BY **Nicole Billark**

KITCHEN TIP

Post-marinade, clean your reusable bag following the manufacturer's instructions—most silicone ones are dishwasher safe.

It's no secret that one of the best ways to tenderize and layer tons of flavour into a protein that's going to be cooked quickly is to marinate it. A typical marinade consists of oil, salt, taste builders and a tenderizer. That last ingredient serves two purposes: to soften tough cuts and to permeate them with flavour.

Acidic ingredients, like citrus juice, vinegar or yogurt, probably come to mind when you think of making meat tender. Acids do help unravel tight proteins for a more succulent bite, but there are so many other ingredients you can swap in, or even combine, to deliver a juicy forkful.

Take salt, for example. This key ingredient does more than just season; when you cover meat in anything saline (from miso to fish sauce to your basic kosher salt), some of the meat's proteins will dissolve in the solution. This results in a more open texture that helps the meat retain its juices. (In other words, this is why you should brine that turkey, baby.)

There are a handful of lesser-known tenderizing substances that I love to deploy as secret ingredients, like soy sauce. The fermentation process involved in brewing it yields protease, an enzyme that facilitates the breakdown of tough proteins. The papain enzyme in papaya, bromelain in pineapple and ficin in figs all have a similar effect on meat.

Finally, there's the restaurant technique of "velveting," which uses baking soda (a chemical base, which is the opposite of an acid) for ultra-tender bites. By increasing the alkalinity, you modify the meat's protein structure in a way that boosts moisture retention, makes it less resistant (giving the meat a softer



Spiced Yogurt–Marinated Chicken

PREP 10 MIN; TOTAL 1 HR

15 MIN, PLUS

MARINATING TIME

SERVES 4 TO 6 *I love marinating with yogurt because the added dairy proteins and sugars help facilitate the Maillard browning and caramelization reactions, which lend tons of extra flavour.*

- ½ cup full-fat plain yogurt
- 3 tbsp lemon juice
- 2 tbsp avocado or canola oil
- 1 tbsp minced garlic
- 1 tbsp paprika
- 2 tsp finely grated ginger
- 2 tsp cumin

- 2 tsp salt
- 1 tsp cayenne
- ½ tsp pepper
- 1.2 kg chicken drumsticks or bone-in, skin-on thighs
- Chopped cilantro, for garnish

1. Whisk yogurt with lemon juice, oil, garlic, paprika, ginger, cumin, salt, cayenne and pepper in a large baking dish. Add chicken and turn to coat evenly. Cover and marinate at room temperature for 30 min or refrigerate for up to 24 hrs.
2. Preheat barbecue to medium.
3. Oil grill. Place chicken, skin-side down, on grill. Barbecue until chicken

- lifts easily from grate without sticking or tearing, about 7 min.
4. Turn off half the burners so only one side of barbecue is lit. Flip chicken pieces over, place on unlit side, then increase heat to high on lit side. (You're creating an oven environment to finish cooking the chicken without burning it.) Grill, lid closed, until an instant-read thermometer inserted in chicken reaches 165F, about 25 min.
 5. Transfer chicken to a platter and sprinkle with cilantro.

Kitchen tip If you're marinating chicken in the refrigerator, let it stand at room temperature for 30 min before grilling.

bite) and allows for more browning reactions, which has the bonus effect of boosting the flavour of the final dish. Velveting is typically reserved for small slices or bite-sized pieces of meat used in a stir-fry, but it's worth trying on larger cuts too.

Now that we're on track for super juicy meat, let's move on to the taste. For flavour, fat is truly key. Most yummy additions—think garlic, onion, spices—consist of fat-soluble flavour compounds, so you need oil to carry those flavours. Enlist a high-smoke-point oil, such as avocado or canola, for high-heat cooking.

Some sweetness can be a balancing counterpoint to sassier flavours in a marinade, but be careful—sugars will burn quickly. Unless your recipe takes just a few minutes over the flame, hold off and brush some sweetness (such as honey whisked with a little hot water to loosen it up) onto your proteins in the last few minutes of cooking. You'll get the irresistible caramelized bits you crave without burning the whole thing.

Marinating is an incredible technique, but it does take time and forethought. I love to prep a recipe in big batches and then freeze it in its marinade for future use. Bear in mind that a marinade can't penetrate frozen food, so it still needs to chill in the fridge for the designated marinating time either before you freeze it or after thawing. Happy grilling!



JENNIFER PALLIAN IS A FOOD SCIENTIST, RECIPE DEVELOPER AND BLOGGER AT FOODESS.COM. SHE LIVES IN VANCOUVER.



Pineapple-Soy-Marinated Beef Short Ribs

PREP 10 MIN; TOTAL 45 MIN
PLUS MARINATING TIME

SERVES 6 Look for the ¼-in.-thin-cut flanken-style beef short ribs for the most delicious fall-off-the-bone ribs. The ½-in.-thick ones will work in a pinch, but the marinade won't permeate the meat as thoroughly. The marinade's sweet-spicy-umami combination makes it irresistible.

- ¼ cup soy sauce
- ¼ cup pineapple juice

- ¼ cup brown sugar
- 1½ tbsp finely grated ginger
- 1 tbsp minced garlic
- 1 tbsp avocado or canola oil
- ½ tsp cayenne
- ½ tsp pepper
- 1 kg flanken-style beef short ribs, ¼ in. thin
- Toasted sesame seeds, for garnish (optional)
- Chopped green onion, for garnish (optional)

1. Combine soy with pineapple juice, brown

sugar, ginger, garlic, oil, cayenne and pepper in a baking dish. Add ribs and turn to coat evenly. Cover and marinate at room temperature for 30 min or refrigerate for up to 48 hrs.

2. Preheat barbecue to medium-high.

3. Oil grill. Barbecue ribs until they release easily from grate and grill marks form, 2 to 3 min. Flip ribs, then continue grilling, lid closed, for 1 to 2 min. Transfer to a serving plate, tent with foil and let rest for 5 min. Sprinkle with sesame seeds and green onion before serving.

		Min	Max
	Steak	30 min	48 hrs
	Chicken pieces or breasts	30 min	24 hrs
	Fish	15 min	30 min
	Shrimp	5 min	30 min
	Tofu	15 min	2 hrs
	Pork	2 hrs	48 hrs

*Actual time varies based on the surface area of the cut and the acidity of the marinade.

Velveting Pork and Snap Pea Stir-Fry

PREP 10 MIN; TOTAL 2 HRS
20 MIN

SERVES 4 *Velveting pork with baking soda makes the meat incredibly moist and juicy. Be sure to rinse it thoroughly after velveting so none of the alkaline taste remains.*

Velveting

- 454 g** boneless pork chops, thinly sliced across the grain
¾ tsp baking soda

Sauce

- ⅔ cup + 1 tbsp** water
2 tbsp soy sauce
4 tsp cornstarch
1 tsp hot red-chili flakes
½ tsp concentrated chicken bouillon
½ tsp pepper
3 tbsp avocado or canola oil
1½ cups stringless snap peas
1 tbsp minced garlic
Toasted sesame seeds, for garnish (optional)

- 1.** Velveting: Place sliced pork in a medium bowl and sprinkle with baking soda. Massage baking soda into pork. Cover bowl and refrigerate for 2 hrs. Add some cold water to bowl, then massage meat to rinse off baking soda. Transfer pork to a colander and rinse with more cold water. Drain and pat dry with paper towels.
- 2.** Sauce: Whisk water with soy, cornstarch, chili flakes, bouillon and pepper in a measuring cup.
- 3.** Heat a wok or large frying pan over medium-high. When wok is hot, add oil, then pork slices in a single layer. Cook,

without touching, until bottoms of pork slices are golden brown, about 5 min. When they release easily from pan, add snap peas and garlic. Cook, stirring, for 1 min.

- 4.** Pour in sauce. Cook, stirring, until sauce thickens and turns glossy, about 1 min. Sprinkle with sesame seeds before serving.

Kitchen tip Swap whole prawns or thin slices of chicken breast for the pork. You'll love the succulent bite.





Plant a tree. Thank a hero.

First responders. Nurses.
Frontline workers. We're honouring
the sacrifices of those who serve
us by planting trees in their names.
Together, we can help plant living
tributes to the people who matter.
Donate today at **treesforlife.ca**.



A ROYAL FAVE

COLMAN'S
MUSTARD
POWDER, \$22
FOR 113 G,
AMAZON.CA.

Known as
“The Queen’s
Mustard,”
Colman’s features
a blend of brown
and white seeds
that are double-
milled for an
intense flavour.
Try it on every-
thing from sand-
wiches to sushi.



KICKY PICK

S&B ORIENTAL
HOT MUSTARD
POWDER, \$10
FOR 85 G,
SMEGAMART.CA.
Prized for its rich
mustardy flavour
and clean, sharp
heat, this made-
in-Japan hot
mustard powder
is the perfect
choice for adding
flavour to Asian
dishes like dim
sum, dump-
lings and fried
pork cutlets.

* PANTRY HERO *

Mustard Powder

This hot and tangy seasoning
does so much more than
just make mustard



Making prepared
mustard? Let it sit at room
temperature for 30 minutes
before serving to mellow
out the mustard’s heat.

WHAT IS IT?

Mustard powder is made from
a mix of finely ground mustard
seeds, plus turmeric for flavour
and colour. Unlike typically mild
prepared mustard, mustard
powder has a strong, sharp and
often hot flavour when mixed
with liquid.

WHAT IS IT MADE FROM?

The humble mustard seed has
been around since at least
6000 BC. Today’s commercial
mustard is made from black,
brown and white mustard
seeds, the majority of which are
grown in Canada and Nepal.

Mustard powder’s pungency
depends on the type of seed
it’s made with, ranging from
robust and spicy black seeds

to medium-heat brown seeds
to mild white (or yellow) seeds.

HOW DO I COOK WITH IT?

On its own or in conjunction
with other spices—saffron,
cumin, coriander and curry
powder are good matches—
mustard powder works
well with foods that benefit
from an earthy, bitter kick.
It enhances flavour in dry rubs,
sauces and marinades and
can be sprinkled on raw meat
or fish as a seasoning.

Mustard powder’s intensity
cuts through creamy or fatty
ingredients—try adding a pinch
to your hollandaise sauce or
macaroni and cheese. It also
helps emulsify salad dressings,
can be used to make the Italian

condiment mostarda and adds
a kick to homemade biscuits,
curries and devilled eggs.

WHAT SHOULD I LOOK FOR IN THE GROCERY STORE?

Mustard powder is available
in most grocers and online.
Since its potency will decrease
over time, it should be stored
in a tightly sealed container
in a cool, dark place. If stored
properly, an open package is
good for a year or two at room
temperature, and significantly
longer if kept refrigerated.



RENÉE S. SUEN IS A
RESTAURANT AND
TRAVEL WRITER IN
TORONTO.



SERVES 12 *My mother had an obsession with the many sweet and earthy desserts of Jamaica. I wanted to reimagine grater cake minus the traditional red food colouring. Instead, dragon fruit offers a rich violet colour and naturally sweet flavour.*

- 4 ²/₃ cups unsweetened desiccated coconut
- 2 ²/₃ cups granulated sugar
- 4 tsp ground ginger
- 2 tsp sea salt
- ¹/₂ tsp almond extract
- 5 tsp pink dragon fruit purée

KITCHEN TIP

Find frozen dragon fruit purée—sold in smoothie cubes—online or at specialty grocers.

1. Line an 8 × 4-in. loaf pan with parchment. Set aside.
2. Combine coconut, sugar, ginger and ¹/₂ cup water in a large frying pan set over medium-high. Bring to a boil, then stir vigorously as sugar begins to crystallize, 15 to 20 min.
3. Reduce heat to medium-low. Stir in salt and almond extract. Cook, stirring often, until mixture stiffens and starts to resemble sand, about 5 min. Remove pan from heat.
4. Scoop one-third of coconut mixture into a small bowl. Scrape remaining mixture into prepared pan. Press down into pan, then smooth top.
5. Stir dragon fruit purée (it's fine if it's still frozen) into reserved coconut mixture until colour is uniform. Spread evenly over mixture in pan. Set aside until cool, 2 to 4 hrs. Cut into squares.

* **DEAD SIMPLE DESSERT** *

PURPLE CRUSH

Dragon Fruit Grater Cake

PREP 5 MIN; TOTAL 25 MIN PLUS COOLING TIME



CHEF SUZANNE BARR'S
LATEST BOOK IS
MY ACKEE TREE

PRODUCED BY STEPHANIE HAN KIM | PHOTO, CHRISTIE YUONG,
FOOD STYLING, SAGE DAKOTA | PROP STYLING, ANDREA MCGRINDLE

**“I can go anywhere and
I know there’s
no leakage,”**
-Dolores

Boutique underwear. 8 oz of liquid.



**always
discreet**

The bladder leak underwear we deserve



Natural
CALM
CANADA



"I love, love, love, and I will literally praise this forever, their sleep magnesium with melatonin. I love it so much I take it every night. It's part of my nightly ritual, a little wind down that I can do, and it's really quick and easy."

Penny Oleksiak, world champion swimmer and Canada's most decorated Olympian, on her favourite Natural Calm product.

The **Better** Absorbing, **Better** Tasting,
Best Loved Magnesium!

Available wherever natural health products are sold.

naturalcalm.ca



thrive PLANTING HOPE.
HARVESTING CHANGE.
thriveforgood.org

Linda Bolton
Founder & CEO
Bolton's Naturals

